

Sterling Middle School Lunch Menu

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
4 NO SCHOOL TODAY	5 Chicken Tender Wrap Shredded Lettuce Cucumbers Corn Apple Slices	6 Pasta w/Meatsauce Breadstick Green Beans Pears Romaine	7 Chicken Chili Cinnamon Roll Broccoli Romaine Rosy Applesauce	8 Hamburger/Bun French Cut Fries Romaine Carrots Orange Slices
11 NO SCHOOL TODAY	12 Sub Sandwich French Cut Fries Apple Crisp Romaine Carrots Orange Slices	13 Chicken Fried Steak Country Gravy Mash Potatoes Dinner Roll Honey Roasted Carrots Peaches	14  Chicken Fajitas Perfect Pintos Spanish Rice Rosy Applesauce Romaine Carrots	15 French Bread Pizza Corn Carrots Mix Berry Cup
18  NO SCHOOL TODAY	19 Chicken Nuggets Veg Lo Mein Corn Mandarin Oranges Carrots Muffin	20 Taquitos Green Chili Refried Beans Fiesta Rice Rosy Applesauce Romaine	21 Chicken Slider Sweet Potato Fries Apple Slices/Yogurt Romaine Red Peppers	22 BREAKFAST FOR LUNCH Pancake on a Stick Tri Tater Carrots Cucumbers Strawberry Cup
25 NO SCHOOL TODAY	26 Soft Shell Taco Cornbread Tortilla Chips Refried Bean Dip Pears Shredded Lettuce Tomato	27 Chicken & Noodles Peas Mix Berry Cup Breadstick	28 Chili Frito Pie Corn Cinnamon Puff Romaine Banana	1 Pizza Green Beans Carrots Peaches

Whole grains, fruit and milk offered daily

BREAKFAST SERVED DAILY IN THE CAFETERIA BEFORE SCHOOL

Salad bar offered daily

MEAL PRICES:

Breakfast K-12 - \$1.25. Lunch PK-5 - \$2.00

Breakfast served at no charge for students approved for reduced meals K-12

Lunch served at no charge for students approved for reduced meals in grades PK-8

Lunch 9-12 - \$2.40, Reduced meals 9-12 - \$.40, Adult lunch meals - \$3.50

MENUS ARE SUBJECT TO CHANGE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

