



February 2012

Sterling Public Schools ELEMENTARY SCHOOL Breakfast MENU

Monday

Tuesday

Wednesday

Thursday

Friday

**Don't forget ACE's
3 rules to being healthy**
*Eat Right!!
Plenty of Sleep!!
Exercise!!*



1
Ham & Egg Burrito
Tater Tots
Milk

2
French Toast Sticks
Syrup
Mixed Fruit
Milk

3
Egg & Cheese Biscuit
Warm Cinnamon Apples
Milk

6
*Breakfast Pizza
Mandarin Oranges
Milk

7
*Scrambled Eggs w/Ham
Toast
Tater Tots
Milk

8
English Muffin with Egg
Petite Banana
Milk

9
WG Pancakes
Syrup
Mixed Fruit
Milk

10 Lucky Tray Day
Cinnamon Biscuit
Apricots
Milk



13
Cinnamon Raisin Oatmeal
Sweet Peaches
Milk

14 Lucky Tray Day
Country Biscuit
*Ham Slice
Petite Banana
Milk



15
Scrambled Eggs
Toast
Tater Tots
Milk

16
*Pancake on a Stick
Syrup
Red Apple
Milk

17
Egg & Cheese Bagel
Applesauce
Milk

20
No School
President's Day

21
Waffles
Syrup
Mixed Fruit
Milk

22
Egg & Cheese Burrito
Warm Cinnamon Apples
Milk

23
Biscuit & Gravy
Petite Banana
Milk

24 Lucky Tray Day
Maple Brown Sugar Oatmeal
Sweet Peaches
Milk

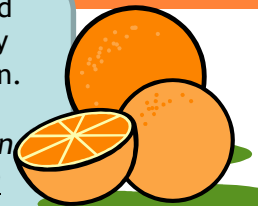


27
*Breakfast Pizza
Mandarin Oranges
Milk

28
Cinnamon Biscuit
Apricots
Milk

29
*Scrambled Eggs w/Ham
Tater Tots
Milk

Make sure to build strong muscles by eating lean protein. Check out the fun and games on acefanclub.com



Daily Selections

- Whole Grain Reduced Sugar General Mills Cereal
- Whole Grain Cereal Bars
- String Cheese
- Reduced Fat Muffin
- 100% Fruit Juice

Choice of Milk

1% white or skim

Did You Know?

Meals served under the National School Lunch Program (NSLP) must, by federal law, meet nutrition guidelines based on the Dietary Guidelines for Americans. No more than 30% of calories can come from fat and less than 10% from saturated fat. School lunches provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories

Meal Prices

Full.....\$1.30

Reduced.....\$.30

Free for all students who qualify

Milk Ala Carte...\$.35

*=may contain pork

Food Service Office

815-622-4153

Linett Sturch Food Service Director

