

Sterling and Washington Center Lunch Menu 26-27 (September)



Monday 9/21	Tuesday 9/1,9/22	Wednesday 9/2,9/23	Thursday 9/3,9/24	Friday 9/4,9/25
Breaded Chicken Drumstick Charleston Red Rice & Sausage Green Beans Crudit� Bar Fresh Fruit Milk Roll	Nacho Bar Choice of: Beef, Chicken or Cheese Nachos Corn Black Beans Fresh Fruit Milk	General Tso’s Chicken Teriyaki Chicken Fried Rice Asian Broccoli Salad Bar Fresh Fruit Milk	Dill Bites Turkey Pot Pie Tater Tots Green Beans Crudit� Bar Fresh Fruit Milk Educational Snack Cracker	Pepperoni or Cheese Pizza Creamy Pesto and Italian Sausage Pasta Bake Garlic Knots Caesar Salad Baby Carrots w/Dressing Fresh Fruit Milk
Monday 9/28	Tuesday 9/8,9/29	Wednesday 9/9,9/30	Thursday 9/10	Friday 9/11
Crispy Chicken Sandwich Grilled Cheese Sandwich w/ Tomato Soup Steamed Broccoli Salad Bar Fresh Fruit Milk	Tater Tot Nacho Bar Choice of: Beef, Chicken or Cheese Tater Tot Nachos Roasted Corn and Jalape�o Black Beans Roll Fresh Fruit Milk	Chicken and Vegetable Dumplings Chicken Egg Rolls Asian Broccoli Salad Bar Fresh Fruit Milk	Mac and Cheese w/ Biscuit Chicken & Waffles Sweet Potato Casserole Collard Greens Fresh Fruit Milk	Pepperoni or Cheese Pizza Stuffed Shells w/ Garlic Knot Caesar Salad Baby Carrots w/Dressing Fresh Fruit Milk
Monday 9/14	Tuesday 9/15	Wednesday 9/16	Thursday 9/17	Friday 9/18
Cheeseburger CAB Hot Dog w/Chili Baked Beans Cole Slaw, Onions, and Relish Salad Bar Fresh Fruit Milk	Chicken Soft Taco Fiesta & Cheese Quesadilla Corn Pinto Beans Queso and Pico Fresh Fruit Milk	Rice Bowl with choice of Asian BBQ Meatballs or Teriyaki Glazed Chicken Chunks Steamed Carrots Salad Bar Fresh Fruit Milk	BBQ Pork Sandwich Alaskan Fish Sticks with Cheddar Grits Black-Eyed Peas Potatoes O Brien Fresh Fruit Milk	Pepperoni or Cheese Pizza Greek Chicken Pita Herb Roasted Potatoes Caesar Salad Fresh Fruit Milk
Unlimited Vegetables	Vegetarian Diets	Served Daily at Sterling Elementary	Served Daily at Sterling Middle	Served Daily at Washington Center
We offer unlimited vegetables with all student meals	We incorporate many “made without meat” options daily as well as certain vegetables for extra servings. Check with FANS manager for clarity	Yogurt, Cheese Stick, Roll	Spicy Chicken Sandwich, Crispy Chicken Sandwich, Cheese Pizza, Pepperoni Pizza MWF- Cheeseburger	Grilled Cheese Sandwich Mashed Potatoes Yogurt, Cheese Stick, Roll Fruit Juice