



2009

May

Sterling High School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



May is the month for hot & spicy Tex Mex lunch specials – they're packed with energy, nutrition and five alarm flavor. *Can you stand the heat?*

- 1 Chicken Teriyaki Noodle Bowl
- Mexican Pizza

Meal Prices...

Full...\$1.60
Reduced...\$.40
Free to all students who qualify

Milk Selection:

- 1% white
- Skim
- 1% chocolate

Remember to verify your account for low balances.

For all questions regarding the menu, please contact the food service office at 622-4153

*--may contain pork

Linett Sturch
Food Service
Director

- 4 Fire Glazed Chicken w/Roll
- Cheese Ravioli Pasta Bowl with Roll

- 5 Breadsticks with Marinara
- *Hot Ham & Cheese

- 6 *BBQ Rib Sandwich
- Soft Shell Tacos with Toppings

- 7 Buffalo Chicken Tortilla Wrap
- Baked Ziti Pasta with Garlic Toast

- 8 Chicken Enchiladas
- Buffalo Chicken Pizza

Special Daily Giveaways all Week!!

- 11 *Jumbo Dog with Toppings
- Chicken Parmesan Melt

- 12 Breadsticks with Marinara
- *Turkey Club

- 13 Early Dismissal
- Deli Bar Only

- 14 Hand Rolled Beef & Bean Burrito
- Buffalo Chicken Sandwich

- 15 Sweet & Sour Chicken with Rice
- Fajita Veggie Pizza

- 18 Country Chicken Bowl with Roll
- Italian Burger

- 19 Breadsticks with Marinara
- Cheesy Fish Fillet Sandwich

- 20 Veggie Alfredo Pasta Bowl with Bread Stick
- Fruit & Cheddar Platter

- 21 Nachos Supreme
- Buffalo Chicken Salad

- 22 *BLT Tortilla Wrap
- *Sausage Pizza

- 25 Memorial Day
No School

- 26 Pizza Bar

- 27 Burger Bar

- 28 Pasta Bar

- 29 Hot Dog Bar

Step Up to Nutrition and Health



Start Here...

Choose 1 Entrée + up to 3 sides = Combo Meal

daily entrees include: burgers, Tyson baked/grilled chicken sandwiches, homemade pizza, salads, made-to-order deli bar, nachos and daily specials

side selections include: fresh fruits/veggies, hot veggie, 100% fruit juice, grains and variety of milk



Menus are subject to change without notice.

