



October Menu 2026

Sterling Community School



**Alternate Lunch -
Bosco Sticks or Bagel Fun Lunch**



MEAL PRICES

BREAKFAST

No Cost

LUNCH

No Cost

Milk

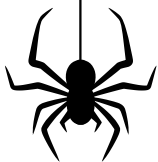
1 Free Milk
included with
meal
Additional
\$.60

Adult

Breakfast \$3

Adult Lunch \$6

**Locally & Regionally
Sourced
Fresh Fruits,
Vegetables, & Milk
Served Daily**



Snacks now available
limit 2 snacks per person per
day

Must have Cash or Positive balance
on linq account to purchase.
All snacks meet Smart Snack
standards.

Payment for Snacks

*Linq Account - Choose EASTCONN as district
<https://linqconnect.com>

*Cash - Remaining change
is added to Linq account

*Check - make out to Eastconn Food Services,
Memo Student name

Mon	Tue	Wed	Thu	Fri
			10/1 BBQ Chicken Sandwich w/ Carrot Sticks	10/2 Housemade Cheese or Roni Pizza w/ Romaine Salad
10/5 WG Chicken Tenders & Waffles Buttery Carrots	10/6 Meatball Grinder topped with cheese Broccoli	10/7 Pancakes w/ Turkey Sausage & Hash Browns	10/8 Buffalo Ranch Chicken Dip'n Bowl & Tortilla Chips w/ Sour Cream & Salsa Fiesta Black Beans	10/9 Housemade Cheese or Roni Pizza w/ Cuke Wheels
10/12 	10/13 NO SCHOOL! PROFESSIONAL DEVELOPMENT DAY!	10/14 French Toast Stx, Turkey Sausage & Hash Browns	10/15 Loaded Chicken Patty w/ Lettuce, Tomato & Pickles Carrot Sticks	10/16 Housemade Cheese or Roni Pizza w/ Cuke Wheels
10/19 Mac & Cheese Cornbread BBQ Baked Beans	10/20 Pasta & Meatballs with a Garlic Breadstick and Green Beans	10/21 Pancakes w/ Turkey Sausage & Hash Browns	10/22 Early Dismissal! Grilled Cheese Sandwich w/ Chips Carrot Sticks	10/23 Early Dismissal! Housemade Cheese or Roni Pizza w/ Romaine Salad
10/26 Bacon Cheeseburger Sweet Potato Fries	10/27 Drummies & Cornbread w/ Broccoli	10/28 French Toast Stx, Turkey Sausage & Roasted Chickpeas	10/29 Cheesy Meaty Walking Tacos w/Corn	10/30 Housemade Cheese or Roni Pizza w/ Cuke Wheels

BREAKFAST

*WG Cereal Daily

*Grab n Go Protein Pac offered Daily

Monday - S'Mores Dip'n Breakfast

Tuesday - Chocolate Chip Muffin

Wednesday - Pumpkin Bread

Thursday - Cinnamon Roll

Friday - Bacon, Egg & Cheese on a English Muffin

* Menu subject to change without notice. Meals may vary based on product availability. This is an equal opportunity institution.