



CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU NOVEMBER 2025

11/3-11/7

Monday

Tuesday

Wednesday

Thursday

Friday



The Main Menu

BBQ Beef Patty
5g
on Whole Grain
Bun 27g

Baked Beans
29g



No School

Baked Popcorn
Chicken 20g
Whole Grain Dinner
Roll 16g

Glazed Carrots 9g



Stuffed Crust Pizza
31g

Caesar Salad 8g

Cheeseburger
Grinder 30g

Baked Oven Fries
15g

Alternate Lunch

Macaroni +
Cheese 26g
w/Whole Grain
Dinner Roll 16g

or

Hot Dog 2g
Whole Grain
Bun 25g



No School

Steak + Cheese
on Ciabatta Roll
30g

Or

Hamburger or
Cheeseburger 1g
Whole Grain Bun
27g

Spicy Chicken
Patty 15g
Whole Grain Bun
25g

Or

Hot Dog 2g
Whole Grain Bun
25g

Bosco Sticks 34g
w/Marinara Sauce
4g

or

Hamburger or
Cheeseburger 1g
Whole Grain Bun
27g

FREE BREAKFAST &
LUNCH
UNTIL DECEMBER
23, 2025

**The Food &
Nutrition
Department
is Hiring!**

Part Time & Sub
Positions
Available
Call 860-354-3712

All meals
come with
flavored fat
free milk or
1% milk and
our Rainbow
Fruit and
Veggie Tray



CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH

MENU NOVEMBER 2025

11/10-11/14

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Lasagna **25g**
w/Garlic
Breadstick **15g**

Baby Arugula
Salad
w/Cucumbers +
Tomatoes
4g

*Veterans
Day*



No School



BBQ Chicken
Sliders **35g**



Smile Fries **20g**

Early Dismissal
French Bread
Pizza **29g**

Tossed Salad **4g**

Chicken Tenders
13g
Buttermilk Biscuit
16g

Roasted Broccoli
6g



Alternate Lunch

Macaroni +
Cheese **26g**
w/Whole Grain
Dinner Roll **16g**

Or

Hamburger or
Cheeseburger
1g
Whole Grain
Bun **27g**

*Veterans
Day*



No School

Smoothie **61g**
w/Hot Pretzel **30g**



Or

Hot Dog **2g**
Whole Grain Bun
25g

Spicy Chicken
Patty **15g**
Whole Grain Bun
27g

Or

Hamburger
Cheeseburger **1g**
Whole Grain Bun
27g



Bosco Sticks **34g**
w/Marinara Sauce
4g

Or

Hot Dog **2g**
Whole Grain Bun
25g



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CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH

MENU NOVEMBER 2025

11/17-11/21

Monday

Tuesday

Wednesday

Thursday

Friday



The Main Menu

Pizza Crunchers
41g

Oven Roasted
Squash 4g

Nacho Tuesday
Seasoned Beef 4g
Tostito Scoops 19g
Lettuce/Tomato/
Cheese/Salsa

Refried Beans 24g



Personal Pizza 30g

Caesar Salad 8g



Turkey Dinner

Sliced Turkey
w/Gravy 4g
Mashed Potatoes
17g
Corn 15g
Pumpkin Bread 43g



Baked Potato 30g
w/Cheese Sauce 4g
+ Broccoli 6g



Garlic Texas Toast
14g

Alternate Lunch

Macaroni +
Cheese 26g
w/Whole Grain
Dinner Roll 16g

Or

Hot Dog
2g
Whole Grain
Bun
25g

Pizzeria Style Pizza
(Plain or
Pepperoni)
29g

Or

Hamburger or
Cheeseburger 1g
Whole Grain Bun
27g



Nachos w/Cheese
Sauce 34g
+ Salsa

Or

Hot Dog 2g
Whole Grain Bun
25g

Spicy Chicken
Patty 15g
on Whole Grain
Bun 27g

Or

Hamburger or
Cheeseburger 1g
Whole Grain Bun
27g

Bosco Sticks 34g
Marinara Sauce 4g

or

Hot Dog 2g
on Whole Grain
Bun 25g



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CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH

MENU NOVEMBER 2025

11/24-11/28

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Mini Maple
Pancakes **36g**
Sausage Patties



Oven Baked
Potatoes **15g**

Chicken Dippin
Sandwich **43g**
Dippin Sauce **6g**

Steamed
Edamame **7g**



Early Dismissal

Pizza **26-35g**

Tossed Salad **4g**

Alternate Lunch

Macaroni +
Cheese **26g**
Whole Grain
Dinner Roll **16g**

or

Hamburger or
Cheeseburger **1g**
on Whole Grain
Bun **27g**

Pizzeria Style Pizza
(Pepperoni or
Cheese) **29g**

Or

Hot Dog **2g**
on Whole Grain
Bun **25g**

Early Dismissal
Grilled Cheese **27g**

Or

Hamburger or
Cheeseburger **1g**
Whole Grain Bun
27g



Happy
Thanksgiving



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CARBOHYDRATE COUNTING GUIDE



**Grams of
Carbohydrates
are in Red**

All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas **15g**, Oranges **15g**, Apples & Pears **15-25g**, 1/2C of Peaches, Grapes, Mixed Fruit **15g**, Unsweetened Apple Sauce **12g**, 1/2C of Melon **6g**, 4 oz of Juice **15g**, Craisins **27g**, Raisins **32g**, Fresh Apple Slices **8g**, 1/2C of Black Beans, Garbanzo Beans **20g**, 1/2 C of Red Peppers, Carrots, Celery, Cucumbers **3g**
Milk Choices Unflavored **13g**, Strawberry **19g**, Chocolate **19g**
Grams of Carbohydrates in GF Condiments Packets: Ketchup **3g**, Package of Ken's Ranch **2g**, Package of Ken's Lite Balsamic **4g**, Flavor Fresh Ranch **2g**, Flavor Fresh Italian **2g**, Salad Fresh Ranch **0g**, Salad Fresh Mayonnaise **0g**, Flavor Fresh Mustard **0g**

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The SMS Deli

Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo **2g**
Cheese: American, Provolone, Swiss, Pepperjack **1g**
Sunbutter **14g** & Jelly **13g**
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
2 Slices of WW Bread **25g**, Kaiser Roll **27g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g**

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**Fresh Salads &
More**

Chicken Caesar **38g**
Chef Salad **31g**
Yogurt Parfait w/Homemade Granola **74g**
Hot Pretzel (**30g**) w/Yogurt (**19g**) & String Cheese (**1g**)

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