BOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU NOVEMBER 2025

11/3-11/7

Monday Tuesday Wednesday

Thursday

Friday

The Main Menu

BBQ Beef Patty 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

REE BREAKFAST & LUNCH **UNTIL DECEMBER** 23, 2025

The Food & **Nutrition Department** is Hiring! Part Time & Sub Positions Available Call 860-354-3712



SARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU NOVEMBER 2025

Monday Tuesday Wednesday

Thursday

Friday



Baby Arugula Salad w/Cucumbers + Tomatoes 4g

Lasagna 25g



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



Alternate Lunch

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

Or

Hamburger or Cheeseburger 1g Whole Grain Bun 27g



No School

Smoothie 61g w/Hot Pretzel 30g



Or

Hot Dog <mark>2g</mark> 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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SARBOHYDRATE 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 <mark>2g</mark> on Whole Grain Bun <mark>25g</mark>



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ARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU NOVEMBER 2025

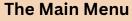
11/24-11/28

Monday Tuesday

Tuesday Wednesday

Thursday

Friday



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





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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

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

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

FREE BREAKFAST & LUNCH UNTIL DECEMBER 23, 2025

