

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

1/5-1/9

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Alternate Lunch

Pizza Crunchers
41g

Sweet Peas 15g



Steak + Cheese on
Sub Roll 30g
w/ or w/o Onions +
Peppers

Potato Wedges 15g

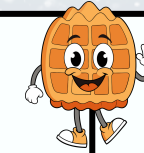
Pasta w/Meatballs
53g



Parmesan Broccoli
6g

Stuffed Crust Pizza 35g

Caesar Salad 8g



Chicken + Waffles

Chicken Nuggets

13g

Whole Grain Waffle

12g

Roasted Squash 4g

Macaroni +
Cheese 26g
Whole Grain
Dinner Roll 16g



Or

Hot Dog 2g
Whole Grain Bun
27g

Pizzeria Style Pizza
29g



Or

Hamburger or
Cheeseburger 1g
Whole Grain Bun
27g

Chili Bowl 11g
w/ Garlic Knot 27g
Shredded Cheddar
Cheese

Or

Hot Dog 2g
Whole Grain Bun
25g

Spicy Chicken Patty 15g
Whole Grain Bun 27g



Or

Hamburger or
Cheeseburger 1g
Whole Grain Bun 27g

Bosco Sticks 34g
w/Marinara Sauce
4g

Or

Hot Dog 2g
Whole Grain Bun
25g



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

FREE
BREAKFAST
& LUNCH
Daily

The Food & Nutrition Department is Hiring!

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



CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

1/12-1/16

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Baked
Mozzarella
Sticks **33g**
w/Marinara
Sauce **4g**

Baby Spinach
Salad **4g**



Nacho Tuesday
Tostito Scoops **19g**
Seasoned Beef **4g**
Shredded
Cheddar, Salsa



Refried Beans **24g**

Chicken Dinner
Roasted Chicken
Cornbread Poppers
39g

Sliced Carrots **4g**

French Bread Pizza **33g**

Tossed Salad **4g**



Asian Chicken **23g**
Brown Rice **35g**

Broccoli Florets **6g**



Alternate Lunch

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

Or

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

Buffalo Chicken
Pizza **26g**



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

BBQ Pulled
Chicken Sliders **35g**

Or

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

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



Or

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

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

Or

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



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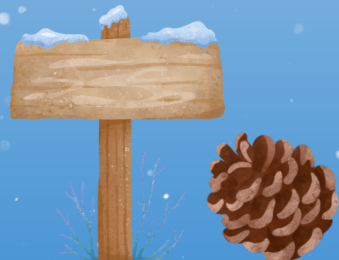


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Menu subject to change - This institution is an equal opportunity provider



CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

1/19-1/23

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Alternate Lunch



No School

Hot Honey Beef Nachos w/Queso

34g

Edamame 7g



Pizzeria Style Pizza

29g

(Plain or Pepperoni)



Or

Hot Dog 2g
Whole Grain Roll

25g

Popcorn Chicken 20g
Garlic Breadstick 15g

Roasted Butternut Squash 10g

Nachos w/Cheese Sauce 34g



Or

Hamburger or Cheeseburger 1g
Whole Grain Bun 27g

Personal Pizza 30g

Caesar Salad 8g



Spicy Chicken Patty 15g
Whole Grain Bun 27g

Or

Hot Dog 2g
Whole Grain Roll 25g

Chicken Club Sandwich 27g
Bacon, Cheese, Lettuce, Tomato Ranch 2g or Chipotle Dressing 7g

Baked Potato Wedges 15g

Bosco Sticks 34g
w/Marinara Sauce 4g

Or

Hamburger or Cheeseburger 1g
Whole Grain Bun 27g



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CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

1/26-1/30

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Alfredo Pasta **45g**
Broccoli Florets **6g**



French Toast Sticks **37g**
Sausage Patties **1g**
Smile Fries **20g**



BBQ Beef Patty **5g**
on Whole Grain Bun **27g**
Side of Macaroni + Cheese **26g**
Vegetarian Baked Beans **29g**



4 X 6 Pizza **30g**



Tossed Salad **4g**

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



Oven Baked Crinkle Fries **15g**

Alternate Lunch

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

Or

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

Pizzeria Style Pizza **29g**
(Plain or Pepperoni)
Or



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

Lasagna **29g**
w/Garlic Knot **27g**



Or

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

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

Or

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

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

Or

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



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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**)

