

SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

1/5-1/9

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Pizza Crunchers

Sweet Peas



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

Potato Wedges

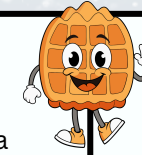
Pasta w/Meatballs



Parmesan Broccoli

Stuffed Crust Pizza

Caesar Salad



Chicken + Waffles
Chicken Nuggets
Whole Grain Waffle
Roasted Squash

Alternate Lunch

Macaroni +
Cheese
Whole Grain
Dinner Roll



Or

Hot Dog on
Whole Grain Bun

Pizzeria Style Pizza



Or

Hamburger or
Cheeseburger on
Whole Grain Bun

Chili Bowl w/ Garlic
Knot
Shredded Cheddar
Cheese

Or

Hot Dog on Whole
Grain Bun

Spicy Chicken Patty
Whole Grain Bun



Or

Hamburger or
Cheeseburger on Whole
Grain Bun

Bosco Sticks
w/Marinara Sauce

Or

Hot Dog on Whole
Grain Bun

The SMS Deli



Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Sunbutter & Jelly

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
WW Bread, Kaiser Roll, Ciabatta Roll, Wrap, Flat Bread

**Fresh Salads
&
More**

Chicken Caesar Salad

Yogurt Parfait w/Homemade Granola

Hot Pretzel w/Yogurt & String Cheese



The Food & Nutrition Department is Hiring!

Part Time & Sub Positions Available

Call 860-354-3712

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



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

**FREE
BREAKFAST
& LUNCH
Daily**



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

1/12-1/16

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Baked
Mozzarella
Sticks
w/Marinara
Sauce

Baby Spinach
Salad



Nacho Tuesday
Tostito Scoops
Seasoned Beef
Lettuce, Tomato,
Shredded
Cheddar, Salsa



Refried Beans

Chicken Dinner
Roasted Chicken
Cornbread Poppers

Sliced Carrots

French Bread Pizza

Tossed Salad



Asian Chicken
Brown Rice

Broccoli Florets



Alternate Lunch

Macaroni +
Cheese
Whole Grain
Dinner Roll

Or

Hamburger or
Cheeseburger
on Whole Grain
Bun

Buffalo Chicken
Pizza



Or

Hot Dog on Whole
Grain Roll

BBQ Pulled
Chicken Sliders

Or

Hamburger or
Cheeseburger on
Whole Grain Bun

Spicy Chicken Patty on
Whole Grain Bun



Or

Hot Dog on Whole Grain
Roll

Bosco Sticks
w/Marinara Sauce

Or

Hamburger or
Cheeseburger on
Whole Grain Bun

The SMS Deli



Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Sunbutter & Jelly

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions,
Olives

WW Bread, Kaiser Roll, Ciabatta Roll, Wrap, Flat Bread

**Fresh Salads
&
More**

Chef Salad

Yogurt Parfait w/Homemade Granola

Hot Pretzel w/Yogurt & String Cheese



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come with
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Fruit and
Veggie Tray

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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

Edamame



Popcorn Chicken
Garlic Breadstick

Roasted Butternut
Squash

Personal Pizza

Caesar Salad

Chicken Club
Sandwich
Bacon, Cheese,
Lettuce, Tomato
Ranch or Chipotle
Dressing

Baked Potato
Wedges

Pizzeria Style Pizza
(Plain or
Pepperoni)



Or

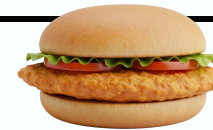
Hot Dog on Whole
Grain Roll

Nachos w/Cheese
Sauce



Or

Hamburger or
Cheeseburger on Whole
Grain Bun



Spicy Chicken Patty
on Whole Grain Bun

Or

Hot Dog on Whole
Grain Roll

Bosco Sticks
w/Marinara Sauce

Or

Hamburger or
Cheeseburger on
Whole Grain Bun

The SMS Deli



Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Sunbutter & Jelly
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions,
Olives
WW Bread, Kaiser Roll, Ciabatta Roll, Wrap, Flat Bread

**Fresh Salads
&
More**

Chicken Caesar Salad

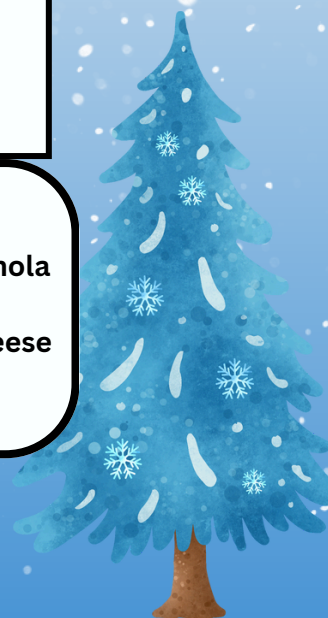
Yogurt Parfait w/Homemade Granola

Hot Pretzel w/Yogurt & String Cheese



All meals
come with
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& LUNCH
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SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

1/26-1/30

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Alfredo Pasta
Broccoli Florets



French Toast Sticks
Sausage Patties
Smile Fries



BBQ Beef Patty on Whole Grain Bun
Side of Macaroni + Cheese

Vegetarian Baked Beans



4 X 6 Pizza



Tossed Salad

Chicken Dippin Sandwich



Oven Baked Crinkle Fries



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

Alternate Lunch

Macaroni + Cheese on Whole Grain Dinner Roll

Or

Hot Dog on Whole Grain Roll

Pizzeria Style Pizza (Plain or Pepperoni)
Or



Hamburger or Cheeseburger on Whole Grain Bun

Lasagna w/Garlic Knot



Or

Hot Dog on Whole Grain Roll

Spicy Chicken Patty on Whole Grain Bun

Or

Hamburger or Cheeseburger on Whole Grain Bun

Bosco Sticks w/Marinara Sauce

Or

Hot Dog on Whole Grain Roll

FREE BREAKFAST & LUNCH Daily

The SMS Deli



Boars Head

Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Sunbutter & Jelly

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives

WW Bread, Kaiser Roll, Ciabatta Roll, Wrap, Flat Bread

Fresh Salads & More



Chef Salad

Yogurt Parfait w/Homemade Granola

Hot Pretzel w/Yogurt & String Cheese

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