

SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

1/5-1/9

Monday

Tuesday

Wednesday

Thursday

Friday

**The Main
Menu**

Pizza Crunchers

Sweet Peas



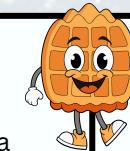
Steak + Cheese on
Sub Roll w/ or w/o
Onions + Peppers

Potato Wedges

Pasta w/Meatballs



Parmesan Broccoli



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

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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**FREE
BREAKFAST
& LUNCH
Daily**



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



Pizzeria Style Pizza
(Plain or
Pepperoni)



Or

Hot Dog on Whole
Grain Roll

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

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come with
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our Rainbow
Fruit and
Veggie Tray

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



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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

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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