

# CARBOHYDRATE COUNTING SARAH NOBLE LUNCH MENU

## MARCH 2026



### Monday Tuesday Wednesday Thursday Friday



#### Alternate Lunch Options Offered Daily:

- Charcuterie Lunch **33g**
- Whole Wheat Bagel **30g** or Cereal **21-24g**
- Low Fat Yogurt **19g**
- Cheese Stick **1g**

Yogurt Parfait w/ Homemade Granola **74g**

Chef Salad w/Crackers **31g**

Sunbutter w/ Jelly on Whole Wheat Bread **52g** or

Deli Bar

Choices

Ham, Turkey **2g**

Tuna

Salami/Pepperoni **1g**

American, Provolone or

Pepper Jack Cheese **1g**

Whole Wheat **25g**

10 Inch Wrap **34g**

Kaiser Roll **27g**

Ciabatta Roll **30g**

**Meatless Monday** <sup>2</sup>  
 Cheese Quesadilla **38g**  
 w/Salsa

Refried Beans **24g**

Penne Pasta **31g**  
 w/Meatballs **4g**  
 & Sauce **4g**

Baby Arugula Salad **3g**

**Early Dismissal** <sup>4</sup>  
 Baked Chicken  
 Patty **13g**  
 on Whole Grain  
 Bun **27g**

Roasted Zucchini **3g**

<sup>5</sup>  
 Grilled Chicken  
 Fillet Sandwich on  
 Whole Grain Kaiser  
 Roll **27g**  
 Lettuce/Tomato/  
 Ranch Dressing

Baked Emoji Fries **20**

<sup>6</sup>  
 Stuffed Crust  
 Pizza **31g**

Tossed Garden  
 Salad **3g**

<sup>9</sup>  
**Meatless Monday**  
 Baked Mozzarella  
 Sticks **33g**  
 w/Marinara Sauce  
**4g**

Parmesan  
 Broccoli **3g**

<sup>10</sup>  
**Nacho Tuesday**  
 Seasoned Beef **4g**  
 Tostito Scoops **19g**  
 Cheese, Salsa

Corn + Black Bean  
 Salad w/Diced Red  
 Peppers **15g**

<sup>11</sup>  
 Baked Popcorn  
 Chicken **20g**  
 Whole Grain Biscuit  
**16g**

Roasted Beets **6g**  
 (Vibrant Farms in  
 Bantam CT)

**NEW ITEM** <sup>12</sup>  
**Late Opening - 2 Hrs**  
 Sweet Cheese  
 Pierogies **28g**  
 (Locally Made in CT)  
 Warm Waffle **12g**  
 w/Syrup **18g**

100% Fruit Juice  
**14g**  
 Vegetables **3g**  
 w/Ranch Dip **2g**

<sup>13</sup>  
 Pizza Bagel **35g**

Caesar Salad **5g**



## Breakfast

**NATIONAL SCHOOL BREAKFAST WEEK (MARCH 2-6).**  
**“The Quest For School Breakfast”**  
**GIVE THE SCHOOL BREAKFAST A TRY & BREAKFAST IS FREE**



As of March 1st, Free & Reduced Meal Applications are now being accepted. Free Meals for all will end April 30th.

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Yogurt Parfait w/ Homemade Granola **74g**

Chef Salad w/Crackers **31g**

Sunbutter w/ Jelly on Whole Wheat Bread **52g**  
 or

Deli Bar

Choices

Ham, Turkey **2g**

Tuna

Salami/Pepperoni **1g**  
 American, Provolone or  
 Pepper Jack Cheese **1g**

Whole Wheat **25g**  
 10 Inch Wrap **34g**  
 Kaiser Roll **27g**  
 Ciabatta Roll **30g**

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**Meatless Monday** <sup>16</sup>  
 Macaroni + Cheese **26g**  
 Whole Grain Dinner Roll **16g**  
 Stemed Edamame **7g**

**Happy St. Patrick's Day** <sup>17</sup>  
 Shamrock Nuggets **16g**  
 Gaelic Garlic Stick **15g**  
 Emerald Broccoli **3g**  
 Luck of the Irish Cookie **22g**

**Brunch for Lunch** <sup>18</sup>  
 French Toast Sticks **37g**  
 Sausage Patties  
 Oven Potato Puffs **15g**



Asian Chicken **19g**  
 Brown Rice **35g**  
 Green Beans **3g**



**First Day of Spring** <sup>20</sup>  
 Personal Pizza **30g**  
 (Plain or Pepperoni)  
 Baby Spinach Salad **3g**

**Meatless Monday** <sup>23</sup>  
 Egg + Cheese on a Whole Grain Croissant **29g**  
 Baked Smile Fries **20g**

**Taco Tuesday** <sup>24</sup>  
 Seasoned Beef **4g**  
 Corn Tacos **18g**  
 Lettuce, Tomato, Salsa  
 Golden Corn **15g**

Baked Chicken Tenders **13g**  
 Texas Toast **14g**  
 Sweet Peas **15g**

**Opening Day of Baseball** <sup>26</sup>  
 All American Hot Dog **2g**  
 on Whole Grain Roll **25g**  
 Baked Beans **29g**  
 Popcorn **9g**



Pizza **26-35g**  
 Caesar Salad **5g**



**Meatless Mondays** <sup>30</sup>  
 Pizza Crunchers **42g**  
 Roasted Cauliflower **3g**



**Hamburger or Cheeseburger on Whole Grain Bun** <sup>31</sup>  
**27g**  
 Baked Crinkle Fries **15g**




# CARBOHYDRATE COUNTING GUIDE



Grams of Carbohydrates are in Red



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 Black Beans, Garbanzo Beans 20g, 1/2C of Corn, Peas 15g, 1/2C 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 Food & Nutrition Department is Hiring!**

Part Time & Sub Positions Available

Call 860-354-3712

