

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

3/2 - 3/6



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



Monday

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

Baked Sweet Potato Fries **15g**

Tuesday

French Toast Sticks **37g**
Sausage Patties

Oven Potatoes **15g**



Wednesday

Early Dismissal

Pizza Bagels **35g**



Baby Spinach Salad **3g**

Thursday

Chicken Fajitas w/Onions + Peppers, Salsa, Sour Cream, Shredded Cheese

2 Wraps **26g**

Refried Beans **24g**



Friday

Alfredo Pasta Penne Pasta **41g**
Alfredo Sauce **8g**



Broccoli Florets **3g**

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

Or

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

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

Or

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

Early Dismissal Smoothie **60g**
w/Hot Pretzel **30g**

Or

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

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



Or

Hot Dog **2g**
on Whole Grain Bun **25g**



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

Or

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



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

The Main Menu



Alternate Lunch

Breakfast

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

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



CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

3/9-3/13



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

The Main Menu



Alternate Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Chicken Tenders 13g Garlic Breadstick 15g Green Beans 3g 	Taco Tuesday Seasoned Beef 4g Corn Tacos 18g Brown Rice 18g Lettuce, Tomato, Salsa, Sour Cream, Shredded Cheddar Refried Beans 24g	Baked Popcorn Chicken 20g Whole Grain Dinner Roll 16g Roasted Butternut Squash 10g	Delayed Opening Stuffed Crust Pizza 35g Caesar Salad 5g 	Asian Chicken 23g w/Egg Roll 19g  Fried Rice 27g
Macaroni + Cheese 26g Whole Grain Dinner Roll 16g Or Hot Dog 2g Whole Grain Bun 25g	Pizzeria Style Pizza 29g (Plain or Pepperoni) Or Hamburger or Cheeseburger on Whole Grain Bun 27g 	Grilled Cheese on Whole Grain Bread 27g Or Hot Dog 2g on Whole Grain Roll 25g	Delayed Opening Spicy Chicken Patty 13g Whole Grain Bun 27g  Or Hamburger or Cheeseburger on Whole Grain Bun 27g	Bosco Sticks 34g w/Marinara Sauce 4g Or Hot Dog 2g on Whole Grain Bun 25g 

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CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

3/16-3/20



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The Main Menu



Alternate Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
Pasta 41g w/Meatballs 4g + Sauce 8g Roasted Zucchini 3g 	Happy St. Patrick's Day Shamrock Nuggets 16g Emerald Broccoli 3g Gaelic Garlic Stick 15g Luck of the Irish Cookie 22g 	Baked Mozzarella Sticks 33g w/Marinara Sauce 4g Caesar Salad 5g 	Personal Pizza 30g Tossed Salad 3g 	Fiesta Friday Beef Nachos 34g w/Salsa, Sour Cream, Shredded Cheddar  Golden Corn 15g
Macaroni + Cheese 26g Whole Grain Dinner Roll 16g Or Hamburger or Cheeseburger on Whole Grain Bun 27g 	Happy St. Patrick's Day Shamrock Smoothie 60g w/Hot Pretzel 30g   Or Hot Dog 2g Whole Grain Bun 25g	Pizzeria Style Pizza 29g (Plain or Pepperoni)  Or Nachos w/Queso 34g	Early Dismissal Spicy Chicken Patty 15g Whole Grain Bun 27g  Or Hot Dog 2g on Whole Grain Bun 25g	Bosco Sticks 34g w/Marinara Sauce 4g Or Hamburger or Cheeseburger on Whole Grain Bun 27g

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CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

3/23-3/27



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

The Main Menu



Alternate Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
Hashbrown 15g Egg + Cheese on Whole Grain Croissant 29g Baked Smile Fries 20g 	Asian Chicken 23g Brown Rice 35g Broccoli Florets 3g 	Sweet Cheese Pierogies 28g or Buffalo Chicken Pierogies 29g Hot Pretzel 30g 	 Opening Day of Baseball Hot Dog 2g Whole Grain Bun 25g Baked Beans 29g Popcorn 9g 	Chicken Dippin Sandwich Chicken Patty 13g Whole Grain Bun 27g Chicken Dipping Sauce 6g Baked Crinkle Fries 15g 
Macaroni + Cheese 26g Whole Grain Dinner Roll 16g Or Hot Dog 2g Whole Grain Bun 25g	Pizzeria Style Pizza 29g (Plain or Pepperoni) Or Hamburger or Cheeseburger on Whole Grain Bun 27g	Steak + Cheese on Ciabatta Roll 30g w/ or w/o Onions + Peppers Or Hot Dog 2g Whole Grain Bun 25g	Early Dismissal Spicy Chicken Patty 15g Whole Grain Bun 27g  Or Garlic French Bread Pizza 29g	Bosco Sticks 34g w/Marinara Sauce 4g Or Hamburger or Cheeseburger on Whole Grain Bun 27g 

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CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

3/30-3/31



Monday

Tuesday

Wednesday

Thursday

Friday

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

The Main Menu

Alternate Lunch

Grilled Chicken Club **27g**
Lettuce, Tomato, Bacon + Cheese

Baked Crinkle Fries **15g**



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

Or

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



Baked Pizza Crunchers **41g**

Steamed Edamame **7g**



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

Or

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

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CARBOHYDRATE COUNTING GUIDE



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

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 **20g**, 1/2C of Garbanzo Beans, Corn, Peas **15g**, 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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