



# CARBOHYDRATE COUNTING ELEMENTARY 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**

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

**Chef Salad w/Flat Bread 28g**

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

**Sandwich of the Week**

**Week 1:  
Ham & Cheese on Whole Wheat 26g**

**Week 2:  
Turkey & Cheese on Whole Wheat 26g**

**Week 3:  
Tuna on Whole Wheat 25g**

**Week 4:  
Chicken Wrap 47g**

**Week 5:  
Turkey & Cheese on Whole Wheat 26g**

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

2

**Meatless Monday**  
Cheese Quesadilla 38g  
w/Salsa  
Refried Beans 24g



3

Penne Pasta 31g  
w/Meatballs 4g  
& Sauce 4g  
Baby Arugula Salad 3g



4

Baked Chicken Patty 13g  
on Whole Grain Bun 27g  
Roasted Zucchini 3g

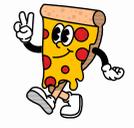


5

Grilled Chicken Fillet Sandwich on Whole Grain Kaiser Roll 27g  
Lettuce/Tomato/Ranch Dressing  
Baked Emoji Fries 20

6

Stuffed Crust Pizza 31g  
Tossed Garden Salad 3g



9

**Meatless Monday**  
Baked Mozzarella Sticks 33g  
w/Marinara Sauce 4g  
Parmesan Broccoli 3g

10

**Nacho Tuesday**  
Seasoned Beef 4g  
Tostito Scoops 19g  
Cheese, Salsa  
Corn + Black Bean Salad w/Diced Red Peppers 15g



11

**Early Dismissal**  
Baked Popcorn Chicken 20g  
Whole Grain Biscuit 16g  
Roasted Beets 6g  
(Vibrant Farms in Bantam CT)



12

**NEW ITEM**  
**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



13

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**



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## MARCH 2026



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	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Alternate Lunch Options Offered Daily:</b></p> <p><b>Charcuterie Lunch 33g</b></p> <p><b>Whole Wheat Bagel 30g or Cereal 21-24g</b></p> <p><b>Yogurt Parfait w/ Homemade Granola 74g</b></p> <p><b>Chef Salad w/Flat Bread 28g</b></p> <p><b>Sunbutter w/ Jelly on Whole Wheat Bread 52g or</b></p> <p><b>Sandwich of the Week</b></p> <p><b>Week 1:</b> Ham &amp; Cheese on Whole Wheat 26g</p> <p><b>Week 2:</b> Turkey &amp; Cheese on Whole Wheat 26g</p> <p><b>Week 3:</b> Tuna on Whole Wheat 25g</p> <p><b>Week 4:</b> Chicken Wrap 47g</p> <p><b>Week 5:</b> Turkey &amp; Cheese on Whole Wheat 26g</p>	<p style="text-align: right;">16</p> <p><b>Meatless Monday</b></p> <p>Macaroni + Cheese 26g</p> <p>Whole Grain Dinner Roll 16g</p> <p>Stemed Edamame 7g</p>	<p style="text-align: right;">17</p> <p><b>Happy St. Patrick's Day</b></p> <p>Shamrock Nuggets 16g</p> <p>Gaelic Garlic Stick 15g</p> <p>Emerald Broccoli 3g</p> <p>Luck of the Irish Cookie 22g</p>	<p style="text-align: right;">18</p> <p><b>Brunch for Lunch</b></p> <p>French Toast Sticks 37g</p> <p>Sausage Patties</p> <p>Oven Potato Puffs 15g</p> 	<p style="text-align: right;">19</p> <p>Asian Chicken 19g</p> <p>Brown Rice 35g</p> <p>Green Beans 3g</p> 	<p style="text-align: right;">20</p> <p><b>First Day of Spring</b></p> <p>Personal Pizza 30g (Plain or Pepperoni)</p> <p>Baby Spinach Salad 3g</p>
	<p style="text-align: right;">23</p> <p><b>Meatless Monday</b></p> <p>Egg + Cheese on a Whole Grain Croissant 29g</p> <p>Baked Smile Fries 20g</p>	<p style="text-align: right;">24</p> <p><b>Taco Tuesday</b></p> <p>Seasoned Beef 4g</p> <p>Corn Tacos 18g</p> <p>Lettuce, Tomato, Salsa</p> <p>Golden Corn 15g</p>	<p style="text-align: right;">25</p> <p>Baked Chicken Tenders 13g</p> <p>Texas Toast 14g</p> <p>Sweet Peas 15g</p>	<p style="text-align: right;">26</p> <p><b>Opening Day of Baseball</b></p> <p>All American Hot Dog 2g on Whole Grain Roll 25g</p> <p>Baked Beans 29g</p> <p>Popcorn 9g</p> 	<p style="text-align: right;">27</p> <p>Pizza 26-35g</p> <p>Caesar Salad 5g</p> 

30

**Meatless Mondays**

Pizza Crunchers 42g



Roasted Cauliflower 3g

31

Hamburger or Cheeseburger on Whole Grain Bun 27g



Baked Crinkle Fries 15g

# CARBOHYDRATE COUNTING GUIDE



Grams of Carbohydrates are in Red

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 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

The Food & Nutrition Department is Hiring!

Part Time & Sub Positions Available

Call 860-354-3712

