

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 ²
Cheese Quesadilla **38g**
w/Salsa

Refried Beans **24g**

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

Baby Arugula Salad **3g**

Baked Chicken Patty **13g**
on Whole Grain Bun **27g**

Roasted Zucchini **3g**

Grilled Chicken Fillet Sandwich on Whole Grain Kaiser Roll **27g**

Lettuce/Tomato/Ranch Dressing

Baked Emoji Fries **20**

Stuffed Crust Pizza **31g**

Tossed Garden Salad **3g**

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

Parmesan Broccoli **3g**

Nacho Tuesday ¹⁰
Seasoned Beef **4g**
Tostito Scoops **19g**
Cheese, Salsa

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

Early Dismissal ¹¹
Baked Popcorn Chicken **20g**
Whole Grain Biscuit **16g**

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

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**

Pizza Bagel **35g**

Caesar Salad **5g**



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



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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 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 ¹⁶

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

Stemed Edamame **7g**

Meatless Monday ²³

Egg + Cheese on a Whole Grain Croissant **29g**

Baked Smile Fries **20g**

Meatless Mondays ³⁰

Pizza Crunchers **42g**



Roasted Cauliflower **3g**

Happy St. Patrick's Day ¹⁷

Shamrock Nuggets **16g**
 Gaelic Garlic Stick **15g**

Emerald Broccoli **3g**
 Luck of the Irish Cookie **22g**

Taco Tuesday ²⁴

Seasoned Beef **4g**
 Corn Tacos **18g**
 Lettuce, Tomato, Salsa

Golden Corn **15g**

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



Baked Crinkle Fries **15g**

Brunch for Lunch ¹⁸

French Toast Sticks **37g**
 Sausage Patties

Oven Potato Puffs **15g**



Baked Chicken Tenders ²⁵ **13g**

Texas Toast **14g**
 Sweet Peas **15g**

Asian Chicken ¹⁹ **19g**

Brown Rice **35g**
 Green Beans **3g**



Opening Day of Baseball ²⁶

All American Hot Dog **2g**
 on Whole Grain Roll **25g**

Baked Beans **29g**

Popcorn **9g**

First Day of Spring ²⁰

Personal Pizza **30g**
 (Plain or Pepperoni)

Baby Spinach Salad **3g**

Pizza ²⁷ **26-35g**

Caesar Salad **5g**



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

