

CARBOHYDRATE COUNTING SCHAGHTICOKE LUNCH MENU APRIL 4/01-4/03

Monday Tuesday Wednesday Thursday Friday

The Main Menu

Free & Reduced Meal Applications are now being accepted. Free Meals for all will end April 30th.

Alternate Lunch

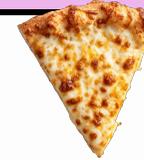
All meals come with flavored fat free or 1% milk and our Rainbow Fruit & Veggie Tray!



Mixed Up Chicken **19g**
 Funny Face Fries **20g**
 Dinner Roll **16g**
 Scooby Snacks **21g**



BBQ Rib Patty **5g**
 on Whole Grain Bun **27g**
 Or
 Pizza Bagel **35g**



Stuffed Crust Pizza **35g**
 (Plain or Pepperoni)

Caesar Salad **5g**



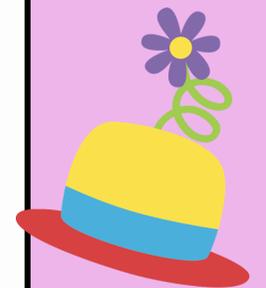
Spicy Chicken Patty **9g**
 on Whole Grain Bun **27g**

Or

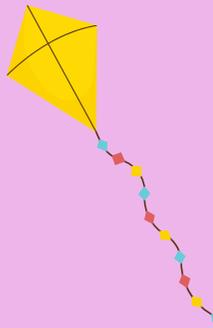
Hamburger or Cheeseburger on Whole Grain Bun **27g**

Good Friday

NO SCHOOL



CARBOHYDRATE COUNTING SCHAGHTICOKE LUNCH MENU APRIL 4/06-4/10



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
<p>Cheese Quesadilla 38g Salsa/Sour Cream</p> <p>Refried Beans 24g</p>	<p>NEW ITEM Black Bean Burger 25g on Whole Grain Bun 27g w/Local Farm Salsa/Sour Cream + Jalapenos</p> <p>Baked Oven Fries 15g</p>	<p>French Toast Sticks 27g Syrup 18g Sausage Patties</p> <p>Smile Potatoes 20g</p> 	<p>Personal Pizza 30g (Plain or Pepperoni)</p> <p>Tossed Salad 3g</p>	<p>Baked Chicken Tenders 13g Texas Toast 14g</p> <p>Roasted Squash 3g</p>
<p>Macaroni + Cheese 26g Whole Grain Dinner Roll 16g</p> <p>Or</p> <p>Cheeseburger Grinder on Crown Roll 27g</p>	<p>Pizzeria Style Pizza 29g (Plain or Pepperoni)</p> <p>Or</p> <p>Hot Dog on Whole Grain Bun 25g</p> 	<p>Pizza Crunchers 42g</p> <p>Or</p> <p>Hamburger or Cheeseburger on Whole Grain Bun 27g</p> 	<p>Spicy Chicken Patty 9g on Whole Grain Bun 27g</p> <p>Or</p> <p>Hot Dog 2g on Whole Grain Bun 25g</p>	<p>Bosco Sticks 34g w/Marinara Sauce 4g</p> <p>or</p> <p>Hamburger or Cheeseburger on Whole Grain Bun 27g</p>

SPRING BREAK

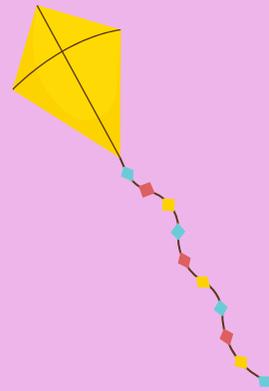
School Vacation from 4/13-4/17



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



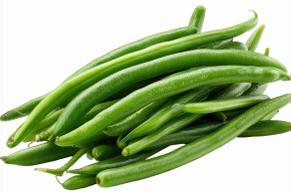
CARBOHYDRATE COUNTING SCHAGHTICOKE LUNCH MENU APRIL 4/20-4/24



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
	 Steak + Cheese on Ciabatta Roll 30g w/Onions + Peppers Oven Baked Fries 15g	<p>Nacho Tuesday Seasoned Meat 4g Tostito Scoops 19g Salsa/Sour Cream + Shredded Cheese</p>  Golden Corn 15g	 Asian Chicken 23g Brown Rice 35g Broccoli Florets 3g	Garlic French Bread Pizza 33g Caesar Salad 5g 	Popcorn Chicken 20g Whole Grain Dinner Roll 16g Green Beans 3g 
	Macaroni + Cheese 26g Whole Grain Dinner Roll 16g Or Stuffed Crust Pizza 35g	Pizzeria Style Pizza 29g (Plain or Pepperoni) Or Hamburger or Cheeseburger on Whole Grain Bun 27g	Meatball Sliders 36g  Or Hot Dog 2g on Whole Grain Bun 25g	Spicy Chicken Patty 9g on Whole Grain Bun 27g or Mozzarella Sticks 33g Marinara Sauce 4g	Bosco Sticks 34g w/Marinara Sauce 4g or Hamburger or Cheeseburger on Whole Grain Roll 27g

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

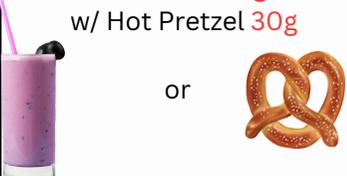


CARBOHYDRATE COUNTING SCHAGHTICOKE LUNCH MENU APRIL 4/27-4/30

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
<p>Chicken Club Unbreaded Chicken Breast Whole Grain Bun 27g w/Bacon, Cheese, Lettuce + Tomato</p> <p>Baked Oven Fries 15g</p>	<p>Hashbrown 15g Egg + Cheese on Whole Grain Croissant 29g</p> <p>Oven Potato Puffs 15g</p> 	<p>Chicken Dippin Sandwich Chicken Patty 13g Whole Grain Bun 27g Dipping Sauce 6g</p> <p>Broccoli Parmesan 3g</p> 	<p>Pizza 26-35g</p>  <p>Baby Spinach Salad 3g</p>
<p>Macaroni + Cheese 26g Whole Grain Dinner Roll 16g</p> <p>Or</p> <p>Hot Dog 2g Whole Grain Roll 25g</p>	<p>Pizzeria Style Pizza 29g (Plain or Pepperoni) Or</p>  <p>Nacho Chips w/Cheese Sauce 34g</p>	<p>Smoothie 60g w/ Hot Pretzel 30g</p> <p>or</p>  <p>Hamburger or Cheeseburger on Whole Grain Bun 27g</p>	<p>Spicy Chicken Patty 9g on Whole Grain Bun 27g</p> <p>Or</p> <p>Mini Ravioli 32g w/Dinner Roll 16g</p> 

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



CARBOHYDRATE COUNTING GUIDE

Free & Reduced Meal Applications are now being accepted. Free Meals for all will end April 30th

Grams of Carbohydrates are in Red

The SMS Deli

Fresh Salads & More

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**

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**



 Chicken Caesar **38g**
Chef Salad **31g**
Yogurt Parfait w/Homemade Granola **74g**
Hot Pretzel (**30g**) w/Yogurt (**19g**) & String Cheese (**1g**)

