

# 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

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**

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

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# CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

## 3/16-3/20



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

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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  

**NEW ITEM**



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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**



Baked Pizza Crunchers **41g**

Steamed Edamame **7g**




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**

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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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