

SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

3 / 2 - 3 / 6



Monday

Tuesday

Wednesday

Thursday

Friday

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

Baked Sweet
Potato Fries

French Toast
Sticks
Sausage Patties

Oven Potatoes



Pizza Bagels



Baby Spinach Salad

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

Refried Beans



Alfredo Pasta



Broccoli Florets

Macaroni + Cheese
Whole Grain
Dinner Roll

Or

Hamburger or
Cheeseburger on
Whole Grain Bun



Pizzeria Style Pizza
(Plain or
Pepperoni)

Or

Hot Dog on Whole
Grain Bun



Smoothie w/Hot
Pretzel

Or

Hamburger or
Cheeseburger on
Whole Grain Bun

Spicy Chicken Patty on
Whole Grain Bun



Or

Hot Dog on Whole Grain
Bun

Bosco Sticks
w/Marinara Sauce

Or

Hamburger or
Cheeseburger on
Whole Grain Bun

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

The Main
Menu

Alternate
Lunch

The SMS Deli

Boars Head

Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Sunbutter & Jelly



Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions,
Olives

WW Bread, Kaiser Roll, Ciabatta Roll, Wrap, Flat Bread

Fresh Salads
&
More

Chicken Caesar Salad

Yogurt Parfait w/Homemade Granola



Hot Pretzel w/Yogurt & String Cheese

Breakfast

NATIONAL SCHOOL BREAKFAST WEEK (MARCH 2-6).

“The Quest For School Breakfast”

GIVE THE SCHOOL BREAKFAST A TRY & BREAKFAST IS FREE



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

3/9 - 3/13



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



Monday

Baked Chicken Tenders
Garlic Breadstick

Green Beans



Tuesday

Taco Tuesday
Seasoned Beef
Corn Tacos
Brown Rice
Lettuce, Tomato, Salsa, Sour Cream, Shredded Cheddar

Refried Beans

Wednesday

Early Dismissal
Baked Popcorn
Chicken
Whole Grain Dinner Roll

Roasted Butternut Squash

Thursday

Delayed Opening
Stuffed Crust Pizza



Friday

Asian Chicken w/Egg Roll



Fried Rice

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

The SMS Deli



Macaroni + Cheese
Whole Grain Dinner Roll

Or

Hot Dog on Whole Grain Bun

Pizzeria Style Pizza (Plain or Pepperoni)

Or

Hamburger or Cheeseburger on Whole Grain Bun



Early Dismissal
Grilled Cheese on Whole Grain Bread

Or

Hot Dog on Whole Grain Roll

Delayed Opening
Spicy Chicken Patty on Whole Grain Bun



Or

Hamburger or Cheeseburger on Whole Grain Bun

Bosco Sticks w/Marinara Sauce

Or

Hot Dog on Whole Grain Bun



Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Sunbutter & Jelly



Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
WW Bread, Kaiser Roll, Ciabatta Roll, Wrap, Flat Bread

Fresh Salads & More

Chef Salad
Yogurt Parfait w/Homemade Granola



Hot Pretzel w/Yogurt & String Cheese

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

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.

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Pasta w/Meatballs

Roasted Zucchini



Happy St. Patricks Day

Shamrock Nuggets
Emerald Broccoli
Gaelic Garlic Stick

Luck of the Irish Cookie



Baked Mozzarella Sticks w/Marinara Sauce

Caesar Salad



Personal Pizza

Tossed Salad



Fiesta Friday

Beef Nachos w/Salsa, Sour Cream, Shredded Cheddar



Golden Corn

Alternate Lunch

Macaroni + Cheese Whole Grain Dinner Roll

Or

Hamburger or Cheeseburger on Whole Grain Bun



Happy St. Patricks Day

Shamrock Smoothie w/Hot Pretzel




Or

Hot Dog on Whole Grain Bun

Pizzeria Style Pizza (Plain or Pepperoni)



Or

Nachos w/Queso

Early Dismissal

Spicy Chicken Patty on Whole Grain Bun



Or

Hot Dog on Whole Grain Bun

Bosco Sticks w/Marinara Sauce

Or

Hamburger or Cheeseburger on Whole Grain Bun

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

The SMS Deli

Boars Head

Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Sunbutter & Jelly



Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives

WW Bread, Kaiser Roll, Ciabatta Roll, Wrap, Flat Bread

Fresh Salads & More

Chicken Caesar Salad

Yogurt Parfait w/Homemade Granola



Hot Pretzel w/Yogurt & String Cheese



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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.

Monday

Tuesday

Wednesday

Thursday

Friday

NEW ITEM



The Main Menu

Hashbrown + Egg + Cheese on Whole Grain Croissant

Baked Smile Fries



Asian Chicken Brown Rice

Broccoli Florets



Sweet Cheese or Buffalo Chicken Pierogies
Hot Pretzel



Baked Spiral Fries

Opening Day of Baseball

Hot Dog on Whole Grain Bun
Baked Beans

Popcorn



Chicken Dippin Sandwich

Baked Crinkle Fries



Alternate Lunch

Macaroni + Cheese
Whole Grain Dinner Roll

Or

Hot Dog on Whole Grain Bun

Pizzeria Style Pizza (Plain or Pepperoni)

Or

Hamburger or Cheeseburger on Whole Grain Bun

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

Or

Hot Dog on Whole Grain Bun

Early Dismissal
Spicy Chicken Patty on Whole Grain Bun



Or

Garlic French Bread

Bosco Sticks w/Marinara Sauce

Or

Hamburger or Cheeseburger on Whole Grain Bun



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

The SMS Deli



Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives

WW Bread, Kaiser Roll, Ciabatta Roll, Wrap, Flat Bread

Boars Head

Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Sunbutter & Jelly

Fresh Salads & More

Chef Salad

Yogurt Parfait w/Homemade Granola



Hot Pretzel w/Yogurt & String Cheese

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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

Grilled Chicken Club
Lettuce, Tomato, Bacon + Cheese

Baked Crinkle Fries



Baked Pizza Crunchers

Steamed Edamame




Alternate Lunch

Macaroni + Cheese
Whole Grain Dinner Roll

Or

Hamburger or Cheeseburger on Whole Grain Bun



Pizzeria Style Pizza (Plain or Pepperoni)

Or

Hot Dog on Whole Grain Bun

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

The SMS Deli

Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Sunbutter & Jelly

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
WW Bread, Kaiser Roll, Ciabatta Roll, Wrap, Flat Bread

Fresh Salads & More

Cesar Salad
Yogurt Parfait w/Homemade Granola

Hot Pretzel w/Yogurt & String Cheese



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