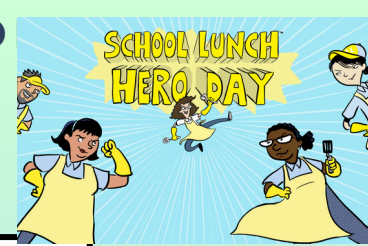


# CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU MAY 2026

5/01

Monday Tuesday Wednesday Thursday Friday



The Main Menu

**As of May 1st, Breakfast is \$2.25 & Lunch is \$3.10 & Deli is \$3.60**  
To add funding to your student's lunch account and view balances, please visit [MySchoolBucks](https://www.newmilfordps.org/food-nutrition/). Parents can also send cash or a check (made out to SLAF) into their student's cafeteria to be deposited.

Free + Reduced Meal Applications are being accepted. Please visit our website for detailed information:

<https://www.newmilfordps.org/food-nutrition/>

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

**School Lunch Hero Day-Thank You Lunch Ladies!**

Waffle Bar 24g  
Syrup 18g  
Sausage Patties

Bosco Sticks 34g  
w/Marinara Sauce  
4g

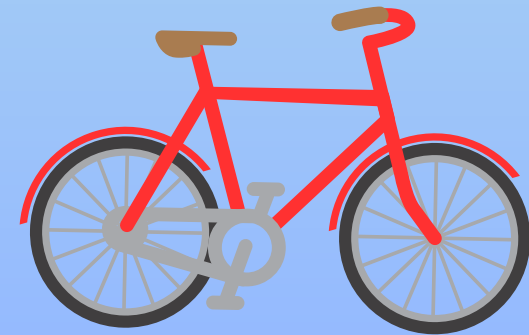
Or



Hamburger or  
Cheeseburger on  
Whole Grain Bun  
27g



Alternate Lunch



# CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU MAY 2026

5/04-5/08

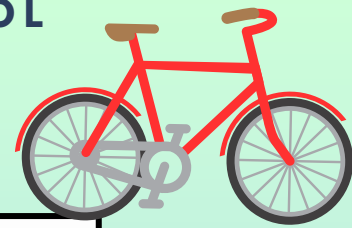
Monday

Tuesday

Wednesday




Thursday

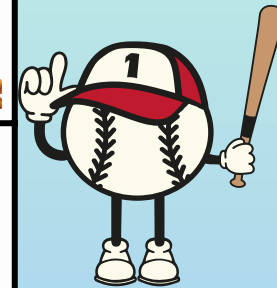
Friday



## The Main Menu

## Alternate Lunch

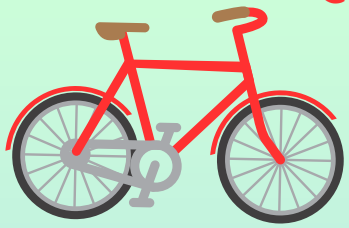
 Baked Mozzarella Sticks <b>33g</b> w/Marinara Sauce <b>4g</b>  Sweet Peas <b>15g</b> 	<b>Cinco de Mayo</b> Soft Tacos <b>26g</b> Seasoned Beef <b>4g</b> Local Farm Salsa, Sour Cream  Refried Beans <b>24g</b> 	Chicken Nuggets <b>13g</b> Side of Macaroni & Cheese <b>13g</b>  Roasted Cauliflower <b>3g</b> 	Stuffed Crust Pizza <b>26g</b> (Plain or Pepperoni)  Casesar Salad <b>5g</b> 	<b>Gyro</b> Seasoned Beef w/Warm Flatbread <b>28g</b> Tzatziki Sauce <b>2g</b>  Oven Baked Fries <b>15g</b> 
Macaroni + Cheese <b>26g</b> w/WG Dinner Roll <b>16g</b>  Or  Personal Pizza <b>30g</b>	Pizzeria Style Pizza <b>29g</b> (Plain or Pepperoni)  Or  Hot Dog <b>2g</b> Whole Grain Bun 25g	Nacho Chips w/Queso <b>34g</b> & Salsa   Or  Pizza Boli <b>35g</b>	Spicy Chicken Patty <b>15g</b> on 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> Whole Grain Bun <b>27g</b>



# CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL









## LUNCH MENU MAY 2026

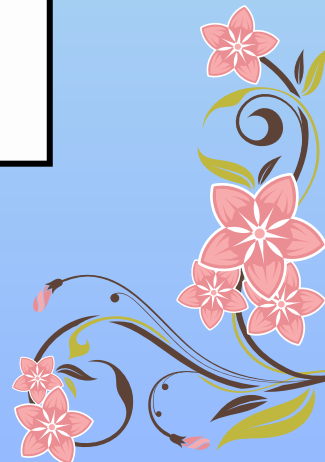
### 5/11-5/15



### The Main Menu

### Alternate Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pizza Crunchers <b>42g</b></p> <p>Roasted Zucchini Squash <b>3g</b></p> 	<p>Cheese Quesadilla <b>38g</b> w/Salsa &amp; Sour Cream</p> <p>Corn &amp; Black Bean Salad <b>15g</b></p>	<p>Popcorn Chicken <b>20g</b></p> <p>Whole Grain Dinner Roll <b>16g</b></p> <p>Steamed Edamame <b>7g</b></p> 	<p><b>Early Dismissal</b></p> <p>French Bread Pizza <b>33g</b></p>  <p>Fresh Leafy Green Salad <b>3g</b></p>	<p>Asian Chicken <b>23g</b></p> <p>Brown Rice <b>35g</b></p> <p>Broccoli Florets <b>3g</b></p> 	
<p>Macaroni + Cheese <b>26g</b> w/WG Dinner Roll <b>16g</b></p>  <p>Or</p> <p>Hamburger or Cheeseburger on Whole Grain Bun <b>27g</b></p>	<p>Pizzeria Style Pizza <b>29g</b> (Plain or Pepperoni)</p> <p>Or</p> <p>Hot Dog <b>2g</b> on Whole Grain Bun <b>25g</b></p> 	<p>Twisted Breaded Cheese Sticks <b>30g</b> w/Marinara Sauce <b>4g</b></p> <p>Or</p> <p>Stuffed Crust Pizza <b>35g</b></p> 	<p><b>Early Dismissal</b></p> <p>Spicy Chicken Patty <b>9g</b> on Whole Grain Bun <b>27g</b></p>  <p>Or</p> <p>Hot Dog <b>2g</b> on Whole Grain Bun <b>27g</b></p>	<p>Bosco Sticks <b>34g</b> w/Marinara Sauce <b>4g</b></p> <p>Or</p> <p>Hamburger or Cheeseburger on Whole Grain Bun <b>27g</b></p>	



# CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU MAY 2026

5/18-5/22

Monday

Tuesday

Wednesday

Thursday

Friday



Pasta **41g**  
w/Meatballs **5g**  
Sauce **9g**

Fresh Tossed  
Salad **3g**



French Toast  
Sticks **27g**  
Sausage Patties



Oven Baked  
Potatoes **15g**



Mini Cheese Ravioli  
**32g**  
w/Marinara Sauce  
**4g**  
Garlic Breadstick  
**15g**

Parmesan Broccoli  
**3g**

4X6 Pizza **30g**  
(Plain or  
Pepperoni)

Caesar Salad **5g**



**Chicken Dippin  
Sandwich**  
Chicken Patty  
**13g**  
Whole Grain Bun  
**27g**  
Dipping Sauce **6g**

Oven Baked Fries  
**15g**



Macaroni +  
Cheese **26g**  
w/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**

Smoothie **60g**  
w/Hot Pretzel **30g**



Or

Mini Pizza Bagels  
**24g**



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



Or

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

Bosco Sticks **34g**  
w/Marinara Sauce  
**4g**

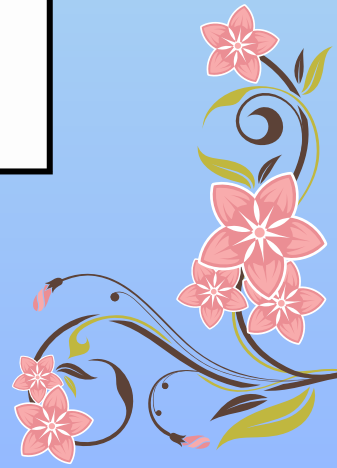
Or

Hot Dog **2g**  
on Whole Grain  
Bun **25g**



The Main Menu

Alternate Lunch



# CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU MAY 2026

5/25-5/29



Monday

Tuesday

Wednesday

Thursday

Friday



The Main Menu



Alternate Lunch

No School

**Splash Into Summer**  
BBQ Pulled Chicken Sandwich on Whole Grain Bun **31g**  
Baked Beans **29g**  
Watermelon Slices **6g**  
Johnny Pop **3g**



Egg & Cheese & Hashbrown **15g**  
Whole Grain Croissant **29g**

Oven Baked Fries **15g**



Pizzeria Pizza **29g**  
(Plain or Pepperoni)

Fresh Tossed Salad **3g**



Chicken Club on Whole Grain Bun **27g**  
w/Bacon, Lettuce, Tomato + Cheese



Oven Baked Potatoes **15g**

Pizzeria Style Pizza **29g**  
(Plain or Pepperoni)



Hot Dog **2g**  
Whole Grain Bun **27g**

Baked Mozzarella Sticks **33g**  
w/Marinaria Sauce **4g**



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

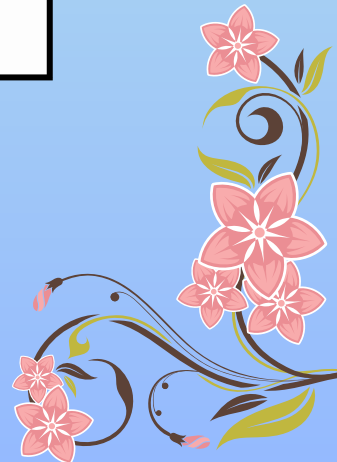
Spicy Chicken Patty **9g**  
on Whole Grain Bun **27g**

Hot Dog **2g**  
Whole Grain Bun **27g**

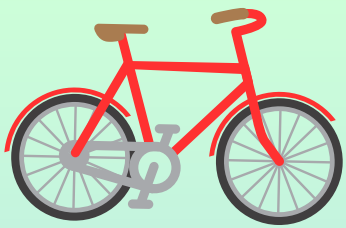
Bosco Sticks **34g**  
w/Marinaria Sauce **4g**



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



# CARBOHYDRATE COUNTING COUNTING



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**, Crown 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**)

