

June is National Dairy Month and all meals come with fat free or 1% milk and our Rainbow Fruit & Veggie Tray

CARBOHYDRATE COUNTING SCHAGHTICOKE SCHOOL LUNCH MENU

6/01-6/05



Monday Tuesday Wednesday Thursday Friday

The Main Menu

Grilled Cheese
27g



Tomato Soup
10g

Black Bean Burger
25g

Whole Grain Bun
27g
Salsa, Sour Cream

Oven Baked Fries
15g

Chicken Selection
(Tenders 13g, or
Nuggets 13g,
Popcorn 20g)
Buttermilk Biscuit
16g

Roasted Zucchini
3g

Stuffed Crust Pizza
35g



Tossed Salad 3g

Chicken Nachos
30g
w/Salsa + Sour
Cream

Golden Corn 15g

Alternate Lunch

Macaroni +
Cheese 26g
w/Whole Grain
Dinner Roll 16g

or

Cheese
Quesadilla 38g
w/Salsa + Sour
Cream

Pizzeria Style Pizza
29g
(Plain or
Pepperoni)



or

Hamburger or
Cheeseburger on
Whole Grain Bun
27g

Bosco Sticks 34g
w/Marinara Sauce
4g

or

Hot Dog 2g
Whole Grain Bun
25g



Spicy Chicken
Patty 9g
Whole Grain Bun
27g

or

Hamburger or
Cheeseburger on
Whole Grain Bun
27g



Smoothie 60g
w/Hot Pretzel 30g

or

Hot Dog 2g
Whole Grain Bun
25g



Breakfast is \$2.25 Lunch is \$3.10

Deli is \$3.60

Please visit our website on how to add money to a student's account or
Free/Reduced Meal Applications for detailed information:
<https://www.newmilfordps.org/food-nutrition/>









CARBOHYDRATE COUNTING SCHAGHTICOKE LUNCH MENU

6/08-6/12



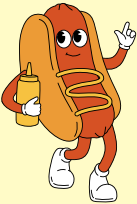


Monday Tuesday Wednesday Thursday Friday

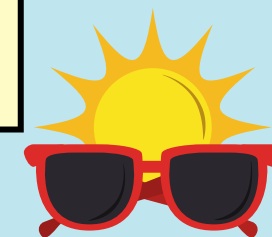
The Main Menu

<p>Asian Chicken 23g Broccoli Florets 3g Brown Rice 35g</p> 	 <p>Soft Tacos 26g Seasoned Beef 4g Lettuce/Tomato/ Salsa/Sour Cream</p>  <p>Refried Beans 24g</p>	<p>Pasta w/Alfredo Sauce Penne Pasta 41g Alfredo Sauce 8g Garlic Breadstick 16g Sweet Peas 15g</p> 	<p>Pizza 26-35g Caesar Salad 5g</p> 	<p>Chicken Club Unbreaded Chicken Breast Whole Grain Bun 27g w/Bacon/Lettuce/ Tomato/Cheese Ranch 2g or Chipotle 7g Oven Baked Smile Fries 20g</p> 
---	---	--	---	---



Alternate Lunch

<p>Macaroni + Cheese 26g w/Whole Grain Dinner Roll 16g or Hamburger or Cheeseburger on Whole Grain Bun 27g</p>	<p>4 X 6 Pizza 30g or Hot Dog 2g Whole Grain Roll 25g</p> 	<p>Meatball Grinder on Ciabatta Roll 30g</p>  <p>or Pizza Crunchers 42g</p>	<p>Spicy Chicken Patty 9g on Whole Grain Bun 27g or Hot Dog 2g on Whole Grain Roll 25g</p> 	<p>Bosco Sticks 34g w/Marinara Sauce 4g or Hamburger or Cheeseburger on Whole Grain Bun 27g</p>
--	---	--	--	---



CARBOHYDRATE COUNTING SCHAGHTICOKE LUNCH MENU

6/15-6/19



Monday

Tuesday










Wednesday

Thursday

Friday

The Main Menu

Alternate Lunch

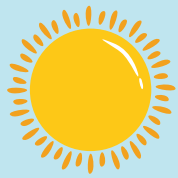
<p>Chicken Dippin Sandwich Chicken Patty 13g Whole Grain Bun 27g Dippin Sauce 6g</p> <p>Roasted Carrots 3g</p> 	<p>Breakfast for Lunch French Toast Sticks 49g or 2 Waffles 24g Syrup 18g Sausage Patties</p> <p>Oven Potatoes 15g</p> 	<p>Baked Mozzarella Sticks 33g w/Marinara Sauce 4g</p> <p>Edamame 7g</p> 	<p>Egg + Cheese on Whole Grain Croissant 29g</p>  <p>Oven Potatoes 15g</p>	 <p>Pizza 26-35g</p> <p>Fruit and Vegetable Selection (Carbohydrate Guide)</p> 
<p>Macaroni + Cheese 26g Whole Grain Dinner Roll 16g</p> <p>or</p> <p>Hot Dog 2g Whole Grain Bun 25g</p>	<p>Pizza 26-35g</p> <p>or</p> <p>Hamburger or Cheeseburger on Whole Grain Bun 27g</p> 	<p>Mini Ravioli 32g Marinara Sauce 4g Buttermilk Biscuit 16g</p> <p>or</p> <p>Nachos w/Queso Sauce 34g</p> 	<p>Spicy Chicken Patty 9g Whole Grain Bun 27g</p> <p>or</p> <p>Hamburger or Cheeseburger on Whole Grain Bun 27g</p>	<p>Bosco Sticks 34g w/Marinara Sauce 4g</p> <p>or</p> <p>Hot Dog 2g Whole Grain Bun 25g</p> 



SUN
SUMMER NUTRITION PROGRAMS FOR KIDS

Find a Summer Meal Program Here: <https://www.fns.usda.gov/summer/sitefinder>
The U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP) helps fill the hunger gap by providing nutritious meals and snacks for children ages 18 and younger.





CARBOHYDRATE COUNTING GUIDE



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**)

