

WELCOME
BACK!

CARBOHYDRATE COUNTING AUGUST/SEPTEMBER 2026

SCHAGHTICOKE

8/24-8/28

LUNCH MEAL PRICES
REDUCED: \$0.00
FULL PAY: \$3.10
DELI: \$3.60



The Main Menu

EARLY DISMISSAL
Pizza Crunchers
42g

Steamed
Edamame 7g



Tuesday

EARLY DISMISSAL
Egg + Cheese
Whole Grain
Croissant 29g

Baked Smile Fries
20g



Wednesday

Baked Chicken
Tenders 13g
Whole Grain Biscuit
16g

Local Green Beans
3g



Thursday

Stuffed Crust Pizza
35g
Caesar Salad 5g



Friday

Cheese Quesadilla
38g
w/Salsa + Sour
Cream

Refried Beans 24g

**Breakfast
is free for
all
students**

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

Alternate Lunch

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

Nachos w/Queso
34g

Or

Hot Dog 2g
Whole Grain Bun
25g

Spicy Chicken Patty
9g
Whole Grain Bun
27g

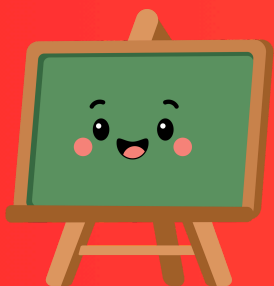
Or

Hamburger or
Cheeseburger on
Whole Grain Bun 27g

Bosco Sticks 34g
w/Marinara Sauce
4g

Or

Hot Dog 2g
Whole Grain Bun
25g



Vegetable Harvest of the Month: Green/Purple/Yellow Beans
String Beans are High in Fiber, Vitamin K, Vitamin C and Folate
Fruit (Watermelon) Harvest of the Month:
Watermelon is High in Lycopene, Vitamin A & C, Potassium



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CARBOHYDRATE COUNTING AUGUST/SEPTEMBER 2026

SCHAGHTICOKE

8/31-9/4

LUNCH MEAL PRICES
REDUCED: \$0.00
FULL PAY: \$3.10
DELI: \$3.60



The Main Menu

Monday

Baked Mozzarella Sticks **33g**
Marinara Sauce **4g**

Broccoli Florets **3g**



Tuesday

Breakfast For Lunch
French Toast Sticks **37g**
Syrup **18g**
Sausage Patties

Baked Smile Fries **20g**



Wednesday

Baked Chicken Patty **13g**
Whole Grain Bun **27g**

Local Roasted Zucchini **3g**



Thursday

Pizza Bagel **35g**

Spinach + Strawberry Salad **5g**



Friday

Southwest Black Bean Burger **25g**
Whole Grain Bun **27g**
w/Salsa + Sour Cream

Baked Spiral Fries **15g**

Local Corn on the Cob **10g**



Breakfast is free for all students

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

Alternate Lunch

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 **9g**
Whole Grain Bun **27g**

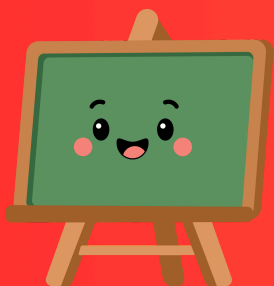
Or

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

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

Or

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



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CARBOHYDRATE COUNTING SEPTEMBER 2026

SCHAGHTICOKE

9/7-9/11

LUNCH MEAL PRICES
REDUCED: \$0.00
FULL PAY: \$3.10
DELI: \$3.60



**WELCOME
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**The Main
Menu**

**Alternate
Lunch**

Monday

NO SCHOOL



Tuesday

Mini Cheese Ravioli **32g**
Marinara Sauce **4g**
Whole Grain Dinner Roll **16g**

Sweet Peas **15g**



Wednesday

Fair Food Day

Dutch Waffle **38g**
Corn Dog Nuggets **33g**

Local Watermelon **6g**



Thursday

Garlic French Bread
Pizza **33g**

Kale Salad **5g**



Friday

Baked Popcorn
Chicken **20g**

Pasta Salad
w/Summer Squash **10g**

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is free for
all
students**

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with flavored
fat free or 1%
milk and our
Rainbow Fruit
& Veggie Tray**

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

Or

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

Cheesiest Con
Queso **31g**
w/Salsa + Sour
Cream

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**

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

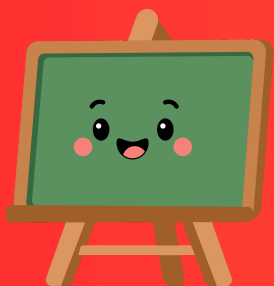
Or

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



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Menu subject to change-This institution is an equal opportunity provider



CARBOHYDRATE COUNTING SEPTEMBER 2026

SCHAGHTICOKE

9/14-9/18

LUNCH MEAL PRICES
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FULL PAY: \$3.10
DELI: \$3.60



**WELCOME
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The Main Menu

Monday

Grilled Cheese **27g**
 Cup of Soup **10g**



Tuesday

Pasta w/Meatballs +
 Tomato Sauce
 Penne Pasta **41g**
 Marinara Sauce **9g**
 Meatballs **4g**



Roasted Cauliflower
3g

Wednesday

Chicken + Waffles
 Chicken Nuggets **13g**
 Warm Waffle **12g**
 Syrup **18g**
 Glazed Carrots **5g**



Thursday

Personal Pizza **30g**
 Tossed Salad **3g**



Friday

Asian Chicken **23g**
 Brown Rice **35g**
 Broccoli Florets
3g



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with flavored
fat free or 1%
milk and our
Rainbow Fruit
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Alternate Lunch

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

Twisted Breadstick
30g
 w/Marinara Sauce
4g

Or

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

Spicy Chicken Patty
9g
 Whole Grain Bun
27g

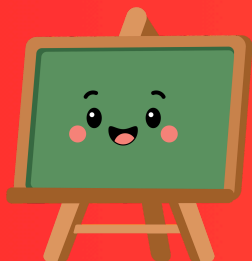
Or

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

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

Or

Hamburger or
 Cheeseburger on
 Whole Grain Bun
27g



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CARBOHYDRATE COUNTING SEPTEMBER 2026

SCHAGHTICOKE

9/21-9/25

LUNCH MEAL PRICES
REDUCED: \$0.00
FULL PAY: \$3.10
DELI: \$3.60



The Main Menu

Alternate Lunch

Monday

NO SCHOOL



Tuesday

Nacho Tuesday

Tostito Scoops **32g**
Seasoned Beef **4g**
Salsa + Sour Cream

Golden Corn **15g**



Wednesday

Baked Potato **35g**

Topped
w/Cheddar
Cheese Sauce **4g**
+ Broccoli **3g**

Garlic Knot **27g**

Thursday

Pizza **29-35g**

Caesar Salad **5g**



Friday

Chicken Club
Sandwich
Unbreaded Chicken
Breast
WG Bun **27g**
Bacon, Cheese,
Lettuce, Tomato,
Ranch **2g** or Chipotle
Sauce **7g**

Oven Baked Smile
Potatoes **20g**

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with flavored
fat free or 1%
milk and our
Rainbow Fruit
& Veggie Tray

Pizzeria Style Pizza
29g
(Plain or Pepperoni)

Or

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

Smoothie **60g**
Hot Pretzel **30g**

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**

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

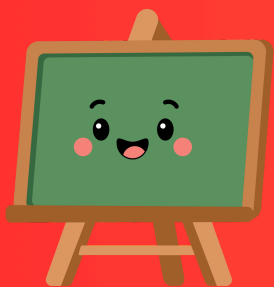
Or

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



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CARBOHYDRATE COUNTING SEPTEMBER 2026

SCHAGHTICOKE

9/28-9/30

LUNCH MEAL PRICES
REDUCED: \$0.00
FULL PAY: \$3.10
DELI: \$3.60



The Main Menu

Monday

Stuffed Shells 9g
Garlic Breadstick 16g

Roasted Summer
Squash 3g



Tuesday

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

Oven Crinkle Fries
15g



Wednesday

Pasta w/Alfredo
Sauce

Penne Pasta 41g
Alfredo Sauce 8g
Garlic Breadstick
16g

Broccoli Florets 3g



Vegetable Harvest of the Month: Green/Purple/Yellow Beans

String Beans are High in
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C and Folate

Fruit (Watermelon)
Harvest of the Month:
Watermelon is High in
Lycopene, Vitamin A & C,
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Breakfast
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all
students

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

Alternate Lunch

Macaroni + Cheese 26g
Whole Grain Dinner
Roll 16g

Or

Hot Dog 2g
Whole Grain Bun 25g

Pizzeria Style Pizza
29g
(Plain or Pepperoni)

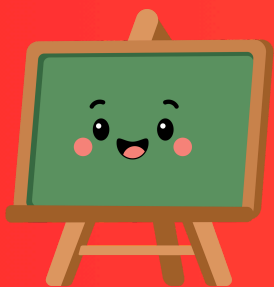
Or

Hamburger or
Cheeseburger on
Whole Grain Bun 27g

Nachos w/Queso 34g

Or

Hot Dog 2g
Whole Grain Bun 25g



**WELCOME
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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 **18g**, Chocolate **18g**

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**)

