

WELCOME BACK!



AUGUST/SEPTEMBER 2026

SCHAGHTICOKE

8/24-8/28

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



The Main Menu

Monday

EARLY DISMISSAL
Pizza Crunchers

Steamed
Edamame



Tuesday

EARLY DISMISSAL
Egg + Cheese
Whole Grain
Croissant

Baked Smile Fries



Wednesday

Baked Chicken
Tenders
Whole Grain Biscuit

Local Green Beans



Thursday

Stuffed Crust Pizza

Caesar Salad



Friday

Cheese Quesadilla
w/Salsa + Sour
Cream

Refried Beans

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

Nachos w/Queso

Or

Hot Dog on Whole
Grain Bun

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

Breakfast
is free for
all
students

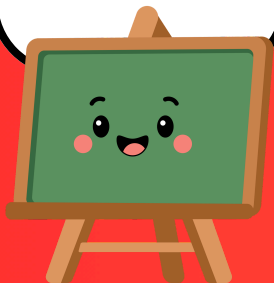
All Meals come
with flavored
fat free or 1%
milk and our
Rainbow Fruit
& Veggie Tray

The SMS Deli

Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Pepperjack
Sunbutter & Jelly
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
Whole Wheat Bread, Crown Roll, Wrap, Flatbread



Fresh Salads & More



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



**WELCOME
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AUGUST/SEPTEMBER 2026 SCHAGHTICOKE 8/31-9/4

LUNCH MEAL PRICES
REDUCED: \$0.00
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DELI: \$3.60



The Main Menu

Monday

Baked Mozzarella Sticks
Marinara Sauce

Broccoli Florets



Tuesday

Breakfast For Lunch
French Toast Sticks
Sausage Patties

Baked Smile Fries



Wednesday

Baked Chicken Patty
on Whole Grain Bun

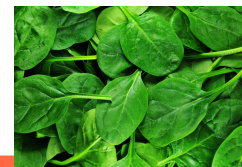
Local Roasted
Zucchini



Thursday

Pizza Bagel

Spinach +
Strawberry Salad



Friday

Southwest Black
Bean Burger on
Whole Grain Bun
w/Salsa + Sour
Cream

Baked Spiral Fries
Local Corn on the
Cob



**Breakfast
is free for
all
students**

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

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 or 1%
milk and our
Rainbow Fruit
& Veggie Tray**

The SMS Deli

Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Pepperjack
Sunbutter & Jelly
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
Whole Wheat Bread, Crown Roll, Wrap, Flatbread

Fresh Salads & More

Chef Salad

Yogurt Parfait w/Homemade Granola
Hot Pretzel w/Yogurt & String Cheese



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

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



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SEPTEMBER 2026 SCHAGHTICOKE 9/7-9/11

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



The Main Menu

Alternate Lunch

The SMS Deli

Fresh Salads & More

Monday

NO SCHOOL



Tuesday

Mini Cheese Ravioli
Whole Grain Dinner
Roll

Sweet Peas



Pizzeria Style Pizza
(Plain or Pepperoni)

Or

Hamburger or
Cheeseburger on
Whole Grain Bun

Wednesday

Fair Food Day
Dutch Waffle
Corn Dog Nuggets

Local Watermelon



Cheesiest Con
Queso w/Salsa +
Sour Cream

Or

Hot Dog on Whole
Grain Bun

Thursday

Garlic French Bread
Pizza

Kale Salad



Spicy Chicken Patty
on Whole Grain Bun

Or

Hamburger or
Cheeseburger on
Whole Grain Bun

Friday

Baked Popcorn
Chicken

Pasta Salad
w/Summer Squash

Bosco Sticks
w/Marinara Sauce

Or

Hot Dog on
Whole Grain Bun

**Breakfast
is free for
all
students**

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

Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Pepperjack
Sunbutter & Jelly
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
Whole Wheat Bread, Crown Roll, Wrap, Flatbread



Chicken Caesar
Yogurt Parfait w/Homemade Granola
Hot Pretzel w/Yogurt & String Cheese



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:
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SEPTEMBER 2026 SCHAGHTICOKE 9/14-9/18

LUNCH MEAL PRICES
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The Main Menu

Monday

Grilled Cheese

Cup of Soup



Tuesday

Pasta w/Meatballs +
Tomato Sauce



Roasted Cauliflower

Wednesday

Chicken + Waffles
Chicken Nuggets
Warm Waffle

Glazed Carrots



Thursday

Personal Pizza

Tossed Salad



Friday

Asian Chicken
Brown Rice

Broccoli Florets



**Breakfast
is free for
all
students**

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

Twisted Breadstick
w/Marinara Sauce

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 or 1%
milk and our
Rainbow Fruit
& Veggie Tray**

The SMS Deli

Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Pepperjack
Sunbutter & Jelly
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
Whole Wheat Bread, Crown Roll, Wrap, Flatbread



Fresh Salads & More

Chef Salad
Yogurt Parfait w/Homemade Granola
Hot Pretzel w/Yogurt & String Cheese



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:
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SEPTEMBER 2026 SCHAGHTICOKE 9/21-9/25

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



The Main Menu

Alternate Lunch

The SMS Deli

Fresh Salads & More

Monday

NO SCHOOL



Tuesday

Nacho Tuesday
Tostito Scoops
Seasoned Beef
Salsa + Sour Cream

Golden Corn



Wednesday

Baked Potato
Topped
w/Cheddar
Cheese Sauce +
Broccoli

Garlic Knot

Thursday

Pizza

Caesar Salad



Friday

Chicken Club
Sandwich
Bacon, Cheese,
Lettuce, Tomato,
Ranch or Chipotle

Oven Baked Smile
Potatoes

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all
students**

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



Pizzeria Style Pizza
(Plain or Pepperoni)

Or

Hamburger or
Cheeseburger on
Whole Grain Bun



Smoothie w/
Hot Pretzel

Or

Hot Dog on Whole
Grain Bun



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, Pepperjack
Sunbutter & Jelly
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
Whole Wheat Bread, Crown Roll, Wrap, Flatbread



Chicken Caesar
Yogurt Parfait w/Homemade Granola
Hot Pretzel w/Yogurt & String Cheese

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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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
Garlic Breadstick

Roasted Summer
Squash



Macaroni + Cheese
Whole Grain Dinner
Roll

Or

Hot Dog on Whole
Grain Bun

Tuesday

Chicken Dippin
Sandwich

Oven Crinkle Fries



Pizzeria Style Pizza
(Plain or Pepperoni)

Or

Hamburger or
Cheeseburger on
Whole Grain Bun

Wednesday

Pasta w/Alfredo
Sauce

Broccoli Florets



Nachos w/Queso

Or

Hot Dog on Whole
Grain Bun

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

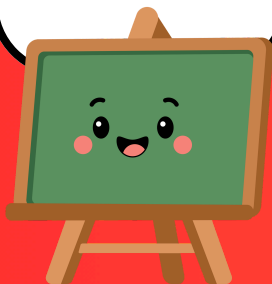
Breakfast
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all
students

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

Alternate Lunch

The SMS Deli

Fresh Salads & More



Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Pepperjack
Sunbutter & Jelly
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
Whole Wheat Bread, Crown Roll, Wrap, Flatbread



Chef Salad
Yogurt Parfait w/Homemade Granola
Hot Pretzel w/Yogurt & String Cheese

