



CARBOHYDRATE SCHAGHTICOKE LUNCH MENU OCTOBER 2026

10/1-10/02



Monday

Tuesday

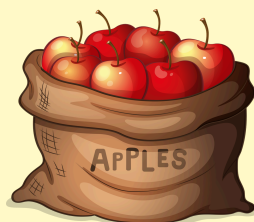
Wednesday

Thursday

Friday

**The Main
Menu**

**Alternate
Lunch**



Pizza Bagel **35g**

Tossed Salad **3g**

Spicy Chicken
Patty **15g**
Whole Grain Bun
28g

or
Hamburger or
Cheeseburger on
Whole Grain Bun
28g



Hashbrown **15g**
Egg + Cheese on
Whole Grain
Croissant **29g**

Baked Potato
Puffs **15g**

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

or

Hot Dog **2g** on
Whole Grain Bun
23g



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

**Breakfast
is free for
all
students**

**Lunch Meal
Prices**
Reduced: \$0.00
Full Pay: \$3.10
DELI : \$3.60





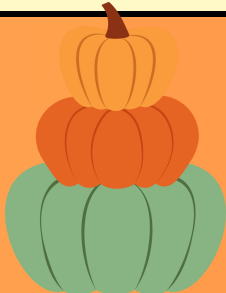
The Main Menu

Alternate Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
LOCAL Scotts Jamaican Beef Patty From Hartford 46g Baked Crinkle Fries 15g Local Rogers Orchards Apples, Pears 15-25g & Apple Cider 15g	LOCAL Nacho Tuesday Pan De Oro Tortilla Chips 30g from Hartford w/Seasoned Beef 4g Locally Made Salsa (Massaro Community Farm) Refried Beans 24g Local Rogers Orchards Apples & Pears 15-25g	LOCAL Chicken Tenders 13g Texas Toast 14g Local Delicata Squash 10g (Desantis Farm)  Local Rogers Orchards Apples, Pears 15-25g Apple Cider 15g	LOCAL Brian's Fabulous Fry Bread 26g (Torrington) w/ or w/o Local Marinara Sauce 4g (Desantis Farm) Shredded Cheese Kale Salad 5g Local Rogers Orchards Apples & Pears 15-25g	LOCAL French Toast Sticks 37g Syrup 18g Sausage Patties Smile Potatoes 20g Rogers Orchards Local Apples, Pears 15-25g Apple Cider 15g 
Macaroni + Cheese 26g w/Whole Grain Dinner Roll 16g or Hamburger or Cheeseburger on Whole Grain Bun 28g	Pizzeria Style Pizza 29g (Plain or Pepperoni) or Hot Dog 2g on Whole Grain Bun 23g	Corn Dog Nuggets 33g or Hamburger or Cheeseburger on Whole Grain Bun 28g	Spicy Chicken Patty 15g on Whole Grain Bun 28g or Hot Dog 2g on Whole Grain Bun 28g	Bosco Sticks 34g w/Marinara Sauce 4g or Hamburger or Cheeseburger on Whole Grain Bun 28g

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

Breakfast is free for all students



Lunch Meal Prices

Reduced: \$0.00

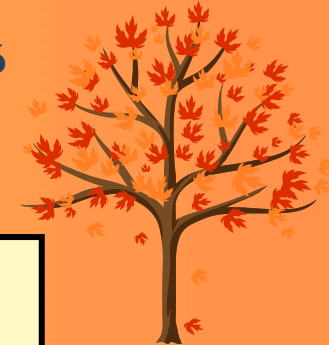
Full Pay: \$3.10

DELI : \$3.60



CARBOHYDRATE SCHAGHTICOKE LUNCH MENU OCTOBER 2026

10/12-10/16



Monday

Tuesday

Wednesday

Thursday

Friday

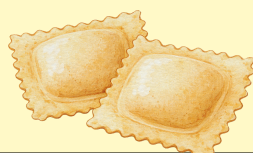
The Main
Menu



No School

Mini Ravioli 32g
w/Sauce 4g
Garlic Breadstick
15g

Sweet Peas 15g



Baked Chicken
Nuggets 13g
Whole Grain Dinner
Roll 15g

Oven Roasted
Zucchini Squash 3g

Early Dismissal
Personal Pizza
30g

Caesar Salad 5g



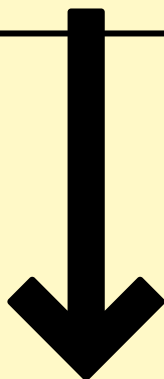
Asian Chicken 23g
Brown Rice 35g

Broccoli Florets 3g



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

Alternate
Lunch



Pizzeria Style Pizza
29g
(Plain or
Pepperoni)

or
Hamburger or
Cheeseburger on
Whole Grain Bun
28g



Nachos w/Queso
34g
Salsa

or

Hot Dog 2g on
Whole Grain Bun
28g

Early Dismissal
Spicy Chicken
Patty 15g on
Whole Grain Bun
28g

or

Hamburger or
Cheeseburger on
Whole Grain Bun
28g

Bosco Sticks 34g
w/Marinara Sauce
4g

or

Hot Dog 2g on
Whole Grain Bun
28g

**Breakfast
is free for
all
students**

Lunch Meal
Prices

Reduced: \$0.00

Full Pay: \$3.10

DELI : \$3.60



CONNECTICUT
GROWN

Monday

Baked Pizza
Crunchers 42g

Steamed
Edamame 7g

Tuesday

Steak + Cheese 4g
on Kaiser Roll 30g
w/ or w/o
Onions + Peppers

Baked Spiral Fries
15g

Wednesday

Baked Popcorn
Chicken 20g
Whole Grain Dinner
Roll 15g

Roasted Butternut
Squash 10g

Thursday

Stuffed Crust Pizza
35g

Tossed Salad 5g

Friday

Chicken Club
Sandwich

Grilled Chicken on
Kaiser Roll 30g
Bacon, Lettuce,
Tomato, Cheese
Ranch 2g or
Chipotle 7g

Oven Baked Spiral
Fries 15g

The Main
Menu

Alternate Lunch

Macaroni +
Cheese 26g
w/Whole Grain
Dinner Roll 15g

or

Hamburger or
Cheeseburger
on Whole Grain
Bun 28g

Pizzeria Style
Pizza 29g (Plain or
Pepperoni)

or

Hot Dog 2g on
Whole Grain Bun
23g

Smoothie 60g
w/Hot Pretzel 30g

or

Hamburger or
Cheeseburger on
Whole Grain Bun
28g

Spicy Chicken
Patty 15g on Whole
Grain Bun 28g

or

Hot Dog 2g on
Whole Grain Bun
28g

Bosco Sticks 34g
w/Marinara Sauce
4g

or

Hamburger or
Cheeseburger on
Whole Grain Bun
28g

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

Breakfast
is free for
all
students

Lunch Meal
Prices
Reduced: \$0.00
Full Pay: \$3.10
DELI : \$3.60

SCHAGHTICOKE LUNCH MENU OCTOBER 2025

10/19-10/23

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

CARBOHYDRATE SCHAGHTICOKE LUNCH MENU OCTOBER 2026

10/26-10/30



The Main Menu

Alternate Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
Baked Mozzarella Sticks 33g w/Marinara Sauce 4g Parmesan Broccoli 3g	Waffle Bar w/Assorted Toppings Waffles 24g Syrup 18g Sausage Patties 	Cheese Quesadilla 39g w/Salsa, Sour Cream or Golden Corn 15g	Pizza 30-35g Baby Arugula Salad 3g 	 HAPPY HALLOWEEN Chicken Dippin Sandwich Chicken Patty 13g Chicken Dippin Sauce 6g Whole Grain Bun 28g Emoticon Fries 20g Mini Rice Krispy Treat  8g
Macaroni + Cheese 26g w/Whole Grain Dinner Roll 15g or Hot Dog 2g on Whole Grain Bun 23g	Pizzeria Style Pizza 29g or Hamburger or Cheeseburger on Whole Grain Bun 28g	Meatball Sliders 33g or Hot Dog 2g or Whole Grain Bun 23g	Spicy Chicken Patty 15g on Whole Grain Bun 28g or Hamburger or Cheeseburger on Whole Grain Bun 28g	HAPPY HALLOWEEN Bosco Sticks 34g w/Marinara Sauce 4g or Hot Dog 2g on Whole Grain Bun 23g

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

Breakfast is free for all students

Lunch Meal Prices
Reduced: \$0.00
Full Pay: \$3.10
DELI : \$3.60

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, Garbanzo Beans **20g**, 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 **24g**, Kaiser Roll **30g**, Ciabatta Roll **30g**, Wrap **28g**, 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**)

