



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU OCTOBER 2026

10/1-10/02



Monday

Tuesday

Wednesday

Thursday

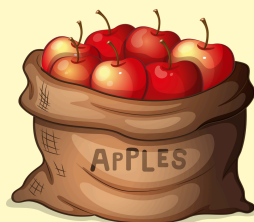
Friday

The Main Menu

Alternate Lunch

The SMS Deli

Fresh Salads & More



Pizza Bagel
Tossed Salad

Hashbrown, Egg
+ Cheese on
Whole Grain
Croissant

Baked Potato
Puffs

Spicy Chicken
Patty
Whole Grain Bun

or
Hamburger or
Cheeseburger on
Whole Grain Bun



Bosco Sticks
w/Marinara
Sauce

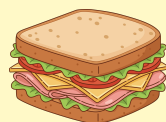
or

Hot Dog on
Whole Grain Bun



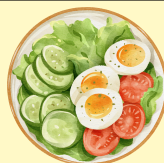
All meals come
with flavored
fat free or 1%
milk and our
Rainbow Fruit
& Veggie Tray

Breakfast
is free for
all
students

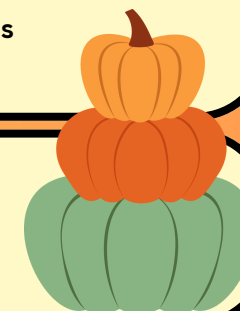


Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Pepperjack
Sunbutter & Jelly

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



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



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU OCTOBER 2026 CT GROWN FOR CT KIDS WEEK 10/05-10/09



	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	LOCAL Scotts Jamaican Beef Patty From Hartford Baked Crinkle Fries Local Rogers Orchards Apples, Pears & Apple Cider	LOCAL Nacho Tuesday Pan De Oro Tortilla Chips from Hartford w/Seasoned Beef, Locally Made Salsa (Massaro Community Farm) Refried Beans Local Rogers Orchards Apples & Pears	LOCAL Chicken Tenders Texas Toast Local Delicata Squash (Desantis Farm)  Local Rogers Orchards Apples, Pears & Apple Cider	LOCAL Brian's Fabulous Fry Bread (Torrington) w/ or w/o Local Marinara Sauce (Desantis Farm) Shredded Cheese Kale Salad Local Rogers Orchards Apples & Pears	LOCAL French Toast Sticks Sausage Patties Smile Potatoes Rogers Orchards Local Apples, Pears + Apple Cider 
	Macaroni + Cheese w/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	Corn Dog Nuggets 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

Breakfast is free for all students

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

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

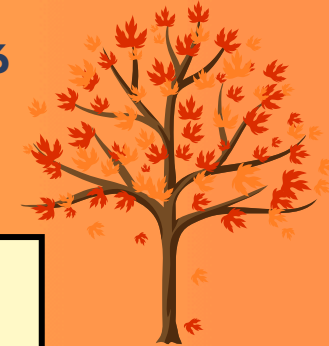
Chicken Caesar
Yogurt Parfait w/Homemade Granola
Hot Pretzel w/Yogurt & String Cheese





SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU OCTOBER 2026

10/12-10/16



Monday

Tuesday

Wednesday

Thursday

Friday

The Main
Menu



No School

Mini Ravioli
w/Sauce
Garlic Breadstick

Sweet Peas



Baked Chicken
Nuggets
Whole Grain Dinner
Roll

Oven Roasted
Zucchini Squash

Early Dismissal
Personal Pizza

Caesar Salad



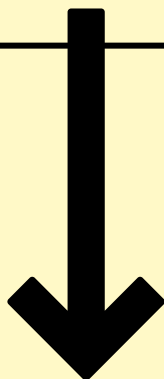
Asian Chicken
Brown Rice

Broccoli Florets



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

Alternate
Lunch



Pizzeria Style Pizza
(Plain or
Pepperoni)

or
Hamburger or
Cheeseburger on
Whole Grain Bun



Nachos w/Queso,
Salsa

or

Hot Dog on Whole
Grain Bun

Early Dismissal

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

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



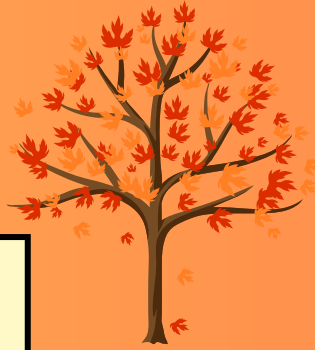
Lunch Meal
Prices
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Full Pay: \$3.10
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CONNECTICUT
GROWN



A Way of Life

SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU OCTOBER 2025
10/19-10/23

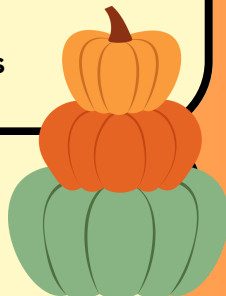


The Main Menu

Alternate Lunch

The SMS Deli

Fresh Salads & More

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Pizza Crunchers Steamed Edamame 	Steak + Cheese on Kaiser Roll w/ or w/o Onions + Peppers Baked Spiral Fries	Baked Popcorn Chicken Whole Grain Dinner Roll Roasted Butternut Squash	 Stuffed Crust Pizza Tossed Salad	Chicken Club Sandwich Bacon, Lettuce, Tomato, Cheese Ranch or Chipotle Oven Baked Spiral Fries
Macaroni + Cheese w/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
 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 				

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

SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU OCTOBER 2026

10/26-10/30



The Main Menu

Monday

Baked
Mozzarella
Sticks
w/Marinara
Sauce

Parmesan
Broccoli

Tuesday

Waffle Bar
w/Assorted
Toppings

Sausage Patties



Wednesday

Cheese Quesadilla
w/Salsa, Sour
Cream or Golden
Corn

Thursday

Pizza

Baby Arugula
Salad

Friday



**HAPPY
HALLOWEEN**

Chicken Dippin
Sandwich

Emoticon Fries
Trick or Treat



**HAPPY
HALLOWEEN**

Bosco Sticks
w/Marinara Sauce

or
Hot Dog on Whole
Grain Bun

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

Breakfast
is free for
all
students

Alternate Lunch

Macaroni +
Cheese
w/Whole Grain
Dinner Roll

or
Hot Dog on
Whole Grain
Bun

Pizzeria Style
Pizza

or

Hamburger or
Cheeseburger on
Whole Grain Bun

Meatball Sliders

or

Hot Dog or Whole
Grain Bun

Spicy Chicken
Patty on Whole
Grain Bun

or



Hamburger or
Cheeseburger on
Whole Grain Bun

The SMS Deli



Boars Head

Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Pepperjack
Sunbutter & Jelly

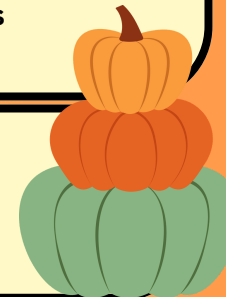
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
Whole Wheat Bread, Crown Roll, Wrap, Flatbread

Fresh Salads & More



Chef Salad

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



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