



CARBOHYDRATE COUNTING SCHAGHTICOKE SCHOOL LUNCH

MENU NOVEMBER 2026

11/2-11/6

Monday

Tuesday

Wednesday

Thursday

Friday



The Main Menu

BBQ Rib **5g** on
Whole Grain Bun

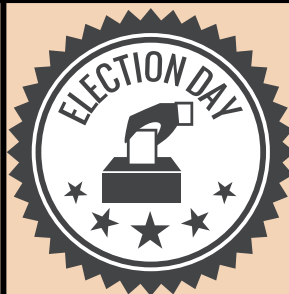
29g

Baked Crinkle
Fries **15g**



Baked Beans

29g



No School

Baked Chicken
Tenders **13g**
Garlic Breadstick
15g

Roasted Zucchini
Squash **3g**



Early Dismissal
French Bread Pizza
33g

Tossed Salad **3g**

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

Baked Smile
Potatoes **20g**

NEW

Apple Nachos
w/Local Apples
30g

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

**BREAKFAST IS
FREE
STUDENTS
K-12**

Alternate Lunch

Macaroni +
Cheese **26g**
w/Whole Grain
Dinner Roll **18g**

or

Hamburger or
Cheeseburger
on Whole Grain
Bun **29g**

Smoothie **60g**
w/ Hot Pretzel
30g



or

Hot Dog **2g**
Whole Grain Bun
26g

Early Dismissal
Hot + Spicy
Chicken Patty **15g**
Whole Grain Bun
29g

or

Hamburger or
Cheeseburger on
Whole Grain Bun
29g

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

or

Hot Dog **2g**
Whole Grain Bun
26g

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





CARBOHYDRATE COUNTING SCHAGHTICOKE SCHOOL LUNCH

MENU NOVEMBER 2026

11/09-11/13

Monday

Tuesday

Wednesday

Thursday

Friday



The Main Menu

Black Bean Burger **25g**
Whole Grain Bun **29g**
w/Salsa, Sour Cream + Jalapenos

Baked Spiral Fries **15g**

Asian Chicken **23g**
Brown Rice **35g**

Broccoli **3g**



Veterans Day



No School

Stuffed Crust Pizza **35g**



Kale Salad w/Local Honey Balsamic Dressing **3g**

Baked Popcorn Chicken **20g**
Whole Grain Dinner Roll **18g**

Roasted Local Carrots **3g**



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

Alternate Lunch

Macaroni + Cheese **26g**
w/Whole Grain Dinner Roll **18g**

or

Hot Dog **2g** on Whole Grain Bun **29g**



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

or

Hamburger or Cheeseburger on Whole Grain Bun **29g**



Hot + Spicy Chicken Patty **15g**
Whole Grain Bun **29g**

Or

Hot Dog **2g** on Whole Grain Bun **26g**



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

Or

Hamburger or Cheeseburger on Whole Grain Bun **29g**

BREAKFAST IS FREE STUDENTS K-12

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



CARBOHYDRATE COUNTING SCHAGHTICOKE SCHOOL LUNCH

MENU NOVEMBER 2026

11/16-11/20

Monday

Tuesday

Wednesday

Thursday

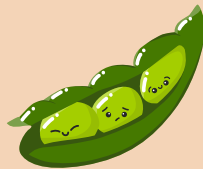
Friday



The Main Menu

Pizza Crunchers
42g

Steamed
Edamame 7g



Nacho Tuesday
Seasoned Beef 4g
Tostito Scoops 19g
Lettuce/Tomato/
Cheese/Salsa/Sour
Cream

Refried Beans 24g



Pasta w/Meatballs
Penne Pasta 41g
Marinara Sauce 9g
Meatballs 4g

Kale Salad with
Local Honey
Balsamic Dressing
3g



**Thanksgiving
Gathering**
Sliced Turkey
w/Cranberry Sauce 6g
Gravy 4g
Mashed Potatoes 15g
Corn 15g



Gobble Gobble Treat
18g

Mini Maple
Pancakes 35g
Sausage Patties

Baked Potato Puffs
15g



**LUNCH MEAL
PRICES**
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DELI : \$3.60

**BREAKFAST IS
FREE
STUDENTS
K-12**

Alternate Lunch

Macaroni +
Cheese 26g
w/Whole Grain
Dinner Roll 18g

Or

Hamburger or
Cheeseburger on
Whole Grain Bun
29g



Pizzeria Style Pizza
29g
(Plain or Pepperoni)

Or

Hot Dog 2g
on Whole Grain
Bun 26g



Nachos w/Cheese
Sauce +Salsa 34g

Or

Hamburger or
Cheeseburger on
Whole Grain Bun
29g

Hot + Spicy
Chicken Patty 15g
on Whole Grain
Bun 29g

Or

Hot Dog 2g on
Whole Grain Bun
26g

Bosco Sticks 34g
w/Marinara Sauce
4g

or

Hamburger or
Cheeseburger on
Whole Grain Bun
29g

All meals
come with
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free milk or
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Fruit and
Veggie Tray





CARBOHYDRATE COUNTING SCHAGHTICOKE SCHOOL LUNCH MENU NOVEMBER 2026

11/23-11/27

Monday

Tuesday

Wednesday

Thursday

Friday



The Main Menu

Cheese Quesadilla **34g**
w/Salsa + Sour Cream

Refried Beans **24g**

Chicken Dippin Sandwich
Chicken Patty **13g**
Chicken Dippin Sauce **6g**
Whole Grain Bun **29g**



Roasted Butternut Squash **10g**

Early Dismissal

Pizza **29-35g**

Caesar Salad **5g**



LUNCH MEAL
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BREAKFAST IS
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STUDENTS
K-12

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Fruit and
Veggie Tray

Alternate Lunch

Macaroni + Cheese **26g**
Whole Grain Dinner Roll **18g**

or

Hot Dog **2g** on Whole Grain Bun **26g**

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

Or

Hamburger or Cheeseburger on Whole Grain Bun **29g**



Early Dismissal
Baked Mozzarella Sticks **33g** w/ Marinara Sauce **4g**

Or

Hot Dog **2g** on Whole Grain Bun **26g**





CARBOHYDRATE COUNTING SCHAGHTICOKE SCHOOL LUNCH MENU NOVEMBER 2026

11/30



Monday

The Main Menu

Chicken Club Sandwich
Grilled Chicken on a Whole
Grain Bun **29g** w/Bacon,
Lettuce, Tomato, Cheese
Ranch **2g** or Chipotle
Dressing **7g**



Emoticon Fries **20g**

Alternate Lunch

Macaroni + Cheese **26g**
Whole Grain Dinner Roll
18g

or

Hamburger or
Cheeseburger
on Whole Grain Bun **29g**



**LUNCH MEAL
PRICES**
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DELI: \$3.60

**BREAKFAST IS
FREE
STUDENTS
K-12**

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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, 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**

LUNCH MEAL
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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**, Wrap **28g**, Flat Bread **28g**

BREAKFAST IS
FREE
STUDENTS
K-12

Fresh Salads &
More

Chicken Caesar **38g**
Chef Salad **31g**
Yogurt Parfait w/Homemade Granola **74g**
Hot Pretzel (**30g**) w/Yogurt (**19g**) & String Cheese (**1g**)

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