CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL
LUNCH MENU DECEMBER 2026
12/1-12/4



Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	Nachos w/Hot Honey Beef + Queso 34g 	Baked Chicken Nuggets 13g Garlic Breadstick 15g Diced Carrots 3g	 Stuffed Crust Pizza 35g Baby Arugula Salad 3g	Grilled Cheese 26g  Warm Tomato Soup 10g
Alternate Lunch	Pizzeria Style Pizza (Plain or Pepperoni) 29g Or Hot Dog 2g on Whole Grain Bun 26g 	Smoothie 60g w/Hot Pretzel 30g  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 



BREAKFAST IS FREE STUDENTS K-12

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

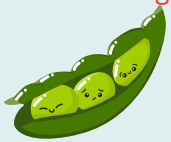
All meals come with flavored fat free milk or 1% milk and our Rainbow Fruit and Veggie Tray



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

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL
LUNCH MENU DECEMBER 2026
12/7-12/11



	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	 French Toast Sticks 37g Sausage Patties Smile Potatoes 20g	**Chilly Night Chili 11g** w/Shredded Cheddar Cheese, Sour Cream + Jalapenos **Snowman Pretzel 30g** Golden Corn 15g	Baked Popcorn Chicken 20g Whole Grain Dinner Roll 18g Roasted Squash 3g	**Early Dismissal** Personal Pizza 30g Caesar Salad 5g 	General Tso Chicken 23g Brown Rice 35g Steamed Edamame 7g 
Alternate Lunch	NEW New Cavatappi Macaroni + Cheese 27g w/Whole Grain Dinner Roll 18g Or Hot Dog 2g on Whole Grain Bun 26g	Pizzeria Style Pizza (Plain or Pepperoni) 29g Or Hamburger or Cheeseburger on Whole Grain Bun 29g 	BBQ Rib 5g on Whole Grain Bun 29g Or Hot Dog 2g on Whole Grain Bun 26g 	**Early Dismissal** Hot + Spicy Chicken Patty 15g on Whole Grain Bun 29g Or Hamburger or Cheeseburger on Whole Grain Bun 29g	Bosco Sticks 34g w/Marinara Sauce 4g or Hot Dog 2g on Whole Grain Bun 26g

BREAKFAST IS FREE STUDENTS K-12

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CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL
LUNCH MENU DECEMBER 2026
12/14-12/18



	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	Pulled BBQ Chicken Sliders 36g Baked Beans 29g	**Taco Tuesday** Corn Tacos 18g Seasoned Beef 4g Shredded Cheddar, Lettuce,Tomatoes, Salsa Refried Beans 24g	Chicken Dippin Sandwich Chicken Patty 13g w/Dippin Sauce 6g Whole Grain Bun 29g Roasted Cauliflower 3g	Garlic French Bread Pizza 33g Baby Spinach Salad w/Local Honey Balsamic Dressing 3g	**Chicken Club** Sandwich on Whole Grain Roll 29g w/Bacon Lettuce, Tomato, Cheese Ranch 2g or Chipotle Dressing 7g Baked Crinkle Fries 15g
Alternate Lunch	NEW Cavatappi Macaroni + Cheese 27g w/Whole Grain Dinner Roll 18g Or Hamburger or Cheeseburger on Whole Grain Bun 29g	Pizzeria Style Pizza 29g (Pepperoni or Cheese) 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

BREAKFAST IS FREE STUDENTS K-12

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

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CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL
LUNCH MENU DECEMBER 2026
12/21-12/23



	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	**First Day of Winter** Winter **ABC** Nuggets 16g **A is For Artic** **B is For Blizzard** **C is for Celebration** Snowflake Roll 18g Brr Broccoli 3g Festive Cookie 22g	Egg, Cheese and Hashbrown 15g on Whole Grain Croissant 29g Baked Potato Puffs 15g	**Early Dismissal** Pizza 29-35g Assorted Rainbow Vegetables 3g	Happy Holidays Happy Holidays from the Food & Nutrition Department Holiday Recess From December 24th - January 3rd	
Alternate Lunch	Macaroni + Cheese 26g w/Whole Grain Dinner Roll 18g Or Hot Dog 2g on Whole Grain Bun 26g	Pizzeria Style Pizza (Plain or Pepperoni) 29g Or Hamburger or Cheeseburger on Whole Grain Bun 29g	**Early Dismissal** Mini Cheese Ravioli 32g Whole Grain Dinner Roll 18g Or Hot Dog 2g on Whole Grain Bun 26g		

BREAKFAST IS FREE STUDENTS K-12

LUNCH MEAL PRICES
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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

BREAKFAST IS FREE STUDENTS K-12

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

LUNCH MEAL PRICES
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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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