

# CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL

## LUNCH MENU MAY 2025

5/01-5/02

Monday

Tuesday

Wednesday

Thursday

Friday

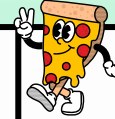


The Main Menu

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

Alternate Lunch

Breakfast & Lunch Free  
24-25  
School Year



Stuffed Crust  
Pizza **30g**

Caesar Salad **8g**

Spicy Chicken  
Patty **15g**  
on Whole Grain  
Bun **27g**

or

Hamburger **0g**  
Cheeseburger **1g**  
Whole Grain Bun  
**27g**

School Lunch Hero  
Day-Thank You  
Lunch Ladies!

Pizza Crunchers  
**41g**  
Roasted Carrots **6g**

Bosco Sticks **34g**  
w/Marinara Sauce  
**6g**

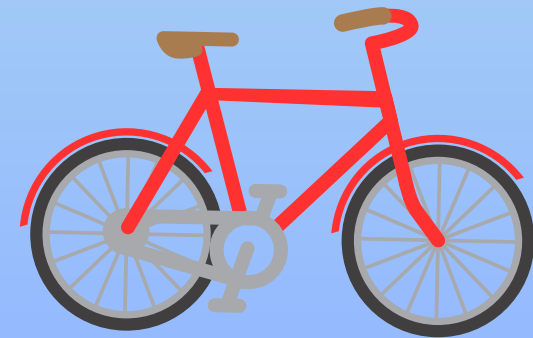
or

Hot Dog **2g**  
Whole Grain  
Bun **25g**



Grams of Carbohydrates are in Red

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





# CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU MAY 2025

5/05-5/09

Monday

Tuesday

Wednesday

Thursday

Friday



## The Main Menu

### Cinco De Mayo

Nachos **26g**  
w/Seasoned  
Beef **4g**  
Salsa, Sour  
Cream,  
Refried Beans  
**24g**  
Apple Churro  
**25g**

Baked Mozzarella  
Sticks **33g**  
Marinara Sauce **6g**  
Edamame **7g**

Asian Chicken **19g**  
Brown Rice **37g**  
Broccoli Florets **6g**

Mini Pizza Bagels  
**24g**  
Tossed Salad **3g**

Baked Chicken  
Nuggets **13g**  
WG Dinner Roll **16g**  
Roasted Squash **4g**



## Alternate Lunch



Macaroni +  
Cheese  
**31g**  
W/WG Dinner  
Roll **16g**  
  
or  
Hot Dog **2g**  
WG Bun **25g**

Pizzeria Style  
Pizza **29g**

or

Hamburger **0g**  
Cheeseburger **1g**  
WG Bun **27g**

Totally Taco **31g**  
w/Salsa + Sour  
Cream

or

Hot Dog **2g**  
WG Bun **25g**

Spicy Chicken  
Patty **15g**  
WG Bun **27g**

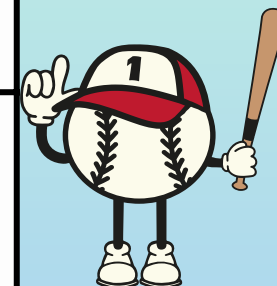
or

Hamburger **0g**  
Cheeseburger **1g**  
WG Bun **27g**

Bosco Sticks **34g**  
w/Marinara Sauce  
**6g**

or

Hot Dog **2g**  
WG Bun **25g**



Grams of Carbohydrates are in Red

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



# CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL

## LUNCH MENU MAY 2025

5/12-5/16

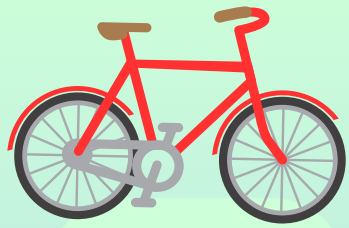
Monday

Tuesday

Wednesday

Thursday

Friday



### The Main Menu

Pierogies **48g**  
w/Marinara  
Sauce **6g**  
Caesar Salad **8g**

Taco Tuesday  
Seasoned Beef **4g**  
Tacos **18g**  
Lettuce, Tomato  
Cheese, Sour  
Cream, Salsa  
Golden Corn **15g**

**Breakfast for Lunch**  
French Toast Sticks  
**38g**  
Syrup **18g**  
  
Yogurt Cup **19g**  
Baked Potato Puffs  
**15g**

**Early Dismissal**  
Garlic French  
Bread Pizza **29g**

Baby Spinach  
Salad **3g**

**Chicken + Waffles**  
Baked Chicken  
Tenders **14g**  
WG Waffle **12g**  
Roasted Carrots **6g**



### Alternate Lunch

Macaroni +  
Cheese **31g**  
w/WG Dinner  
Roll **16g**

or

Hamburger **0g**  
Cheeseburger **1g**  
WG Bun **27g**

Pizzeria Style Pizza  
**29g**

or

Hot Dog **2g**  
on WG Bun **25g**

Smoothie **61g**  
w/Hot Pretzel **30g**

or

Hamburger **0g**  
or  
WG Bun **27g**

**Early Dismissal**  
Spicy Chicken  
Patty **15g**  
WG Bun **27g**

or

Hot Dog **2g**  
WG Bun **25g**

Bosco Sticks **34g**  
w/Marinara Sauce  
**6g**

or

Hamburger **0g**  
Cheeseburger **1g**  
WG Bun **27g**

Grams of Carbohydrates are in Red

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



# CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL

## LUNCH MENU MAY 2025

5/19-5/23

Monday

Tuesday

Wednesday

Thursday

Friday



### The Main Menu



### Alternate Lunch

Pasta Alfredo  
Penne Pasta **41g**  
w/Alfredo Sauce  
**8g**  
+ Broccoli **6g**

Tot-Chos **20g**  
  
Garlic Knot **27g**

Baked Popcorn  
Chicken **20g**  
Buttermilk Biscuit  
**16g**  
Roasted Squash **4g**

Personal Pizza **30g**  
  
Caesar Salad **8g**



Steak + Cheese **1g**  
w/Peppers +  
Onions on Ciabatta  
Roll **30g**  
Oven Baked Fries  
**15g**

Macaroni +  
Cheese **31g**  
W/WG Dinner  
Roll **16g**

or  
  
Hot Dog **2g**  
on WG Bun **25g**



Pizzeria Style Pizza  
**29g**  
or  
Hamburger **0g**  
or Cheeseburger  
**1g**  
on WG Bun **27g**

Asian Dumplings  
**31g**  
w/Soy Sauce  
  
or

Hot Dog **2g**  
on WG Bun **25g**

Spicy Chicken  
Patty **15g**  
on WG Bun **27g**

or  
  
Hamburger **0g**  
or Cheeseburger **1g**  
on WG Bun **27g**

Bosco Sticks **34g**  
w/Marinara Sauce  
**6g**

or  
  
Hot Dog **2g**  
on WG Bun **25g**

Grams of Carbohydrates are in Red

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



# CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL

## LUNCH MENU MAY 2025

5/26-5/30

Monday

Tuesday

Wednesday

Thursday

Friday



### The Main Menu



### Alternate Lunch

No School

### The SMS Deli

### Fresh Salads & More

Chicken Club  
Baked Chicken **0g**  
Kaiser Roll **33g**  
Cheese, Bacon,  
Lettuce, Tomato,  
Chipotle **7g**  
or Ranch **2g**  
Dressing  
Baked Potato  
Wedges **15g**

Dutch Waffles **38g**  
Syrup **18g**  
  
Sausage Patties **2g**  
100% Fruit Juice  
**15g**

Pizza **29-25g**  
  
Tossed Salad **4g**

Chicken Fajita  
w/Peppers + Onions  
**34g**  
Sour Cream, Salsa  
Green Beans **4g**



Pizzeria Style Pizza  
**29g**

or

Hot Dog **2g**  
on WG Bun **25g**

Smoothie **61g**  
w/Hot Pretzel **30g**

or

Hamburger **0g**  
Cheeseburger **1g**  
WG Bun **27g**

Spicy Chicken  
Patty **15g**  
on WG Bun **27g**

or

Hot Dog **2g**  
on WG Bun **25g**

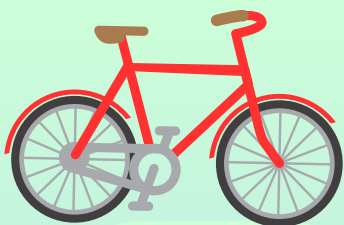
Bosco Sticks **34g**  
w/Marinara Sauce  
**6g**

or

Hamburger **0g**  
Cheeseburger **1g**  
WG Bun **27g**

Grams of Carbohydrates are in Red

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





# 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 **25g**, Kaiser Roll **27g**, Ciabatta Roll **30g**, Wrap **34g**, 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**)

