

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU APRIL 2025

4/01-4/04

Monday Tuesday Wednesday Thursday Friday

The Main Menu

Special Charcuterie Box (Offered for First 2 Weeks of April)

Chocolate Hummus Dip **15g**
String Cheese **1g**
Slice Apples **8g**
Crackers **30g**

April Fools Day

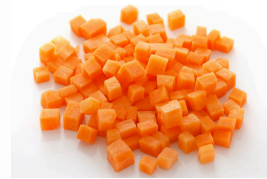
French Toast Sticks **38g**
Syrug **18g**
Sausage Patties **2g**

Smile Fries **20g**



Baked Chicken Tenders **14g**
Brown Rice **37g**

Diced Carrots **6g**



Stuffed Crust Pizza **30g**

Baby Spinach Salad **3g**

April Showers "Bloom" May Flowers

Baked Chicken Patty **13g**
WG Bun **27g**
Edamame **7g**
Bloom Sidekick **23g**

Alternate Lunch

Breakfast & Lunch Free 24-25 School Year

Pizzeria Style Pizza **29g**

or

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

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

or

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

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

or

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

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

or

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

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


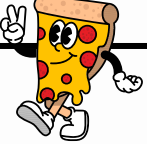
Grams of Carbohydrates are in Red



CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU APRIL 2025

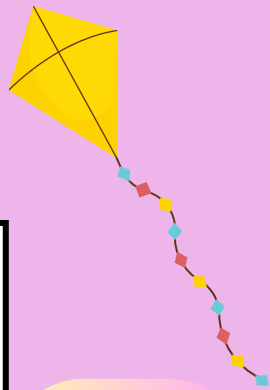
4/07-4/11

Monday Tuesday Wednesday Thursday Friday

<p>Steak + Cheese 1g Ciabatta Roll 30g w/or w/o Peppers + Onions</p> <p>Oven Baked Fries 15g</p>	<p>Taco Tuesday Corn Taco Shells 18g Seasoned Meat 4g Lettuce/Tomato Salsa/Shredded Cheddar/Sour Cream Refried Beans 24g</p>	<p>Baked Potato 15g w/Jalapeno Cheese Sauce 4g Broccoli 6g Garlic Knot 27g</p>	<p>Garlic French Bread Pizza 29g Caesar Salad 8g</p> 	<p>Baked Popcorn Chicken 20g WG Dinner Roll 16g Roasted Zucchini Squash 4g</p>
<p>Pizza Bagel 33g or Hot Dog 2g Whole Grain Roll 25g</p>	 <p>Buffalo Chicken Pizza 26g or Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g</p>	<p>Mac + Cheese Bites 32g or Hot Dog 2g Whole Grain Bun 27g</p>	<p>Spicy Chicken Patty 15g on Whole Grain Bun 27g or Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g</p>	<p>Bosco Sticks 34g w/Marinara Sauce 6g or Hot Dog 2g Whole Grain Roll 25g</p>

The Main Menu

Alternate Lunch



**SPRING
BREAK**

**School
Vacation from
4/14-4/18**

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

Grams of Carbohydrates are in Red



CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU APRIL 2025

4/21-4/25

Monday Tuesday Wednesday Thursday Friday

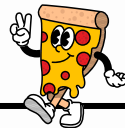
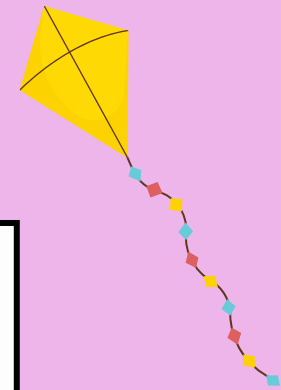
The Main Menu

Alternate Lunch

Mini Confetti Pancakes 36g Syrup 18g Sausage Patties 2g Oven Baked Potato Puffs 15g	Nacho Tuesday Nachos 26g w/Seasoned Meat 4g Queso 3g Corn + Black Bean Salad 15g	Baked Chicken Nuggets 13g Garlic Breadstick 15g Parmesan Broccoli 6g	Personal Pizza 30g Tossed Salad 3g	Egg + Cheese 1g Whole Grain Croissant 29g Emoji Fries 23g
French Bread Pizza 33g or Hot Dog 2g Whole Grain Roll 25g	Pizzeria Style Pizza 29g or Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g	Rippinz 31g w/Marinara Sauce 6g or Hot Dog 2g Whole Grain Roll 25g	Spicy Chicken Patty 15g on Whole Grain Bun 27g or Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g	Bosco Sticks 34g w/Marinara Sauce 6g or Hot Dog 2g Whole Grain Roll 25g

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

Grams of Carbohydrates are in Red



CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL

LUNCH MENU APRIL 2025

4/28-4/30

Monday

Tuesday

Wednesday

The Main Menu

Cheese Quesadilla **39g**
w/Salsa + Sour Cream
Golden Corn **15g**

Loaded Potato Wedges **22g**

Buttermilk Biscuit **16g**



Chicken Dippin Sandwich **40g**

Dipping Sauce **6g**
Pickles

Oven Baked Sweet Potato Fries **15g**

Alternate Lunch

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

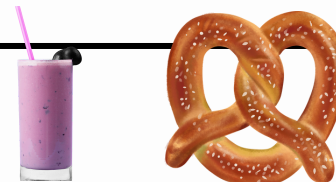
Pizzeria Style Pizza **29g**

or

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

or

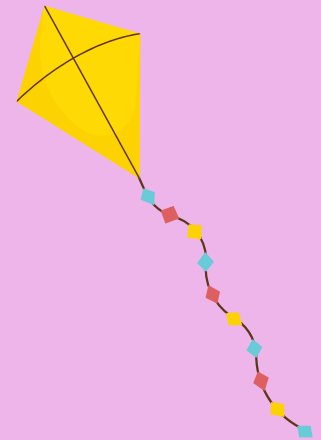
Hot Dog **2g**
Whole Grain Roll **25g**



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

or

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

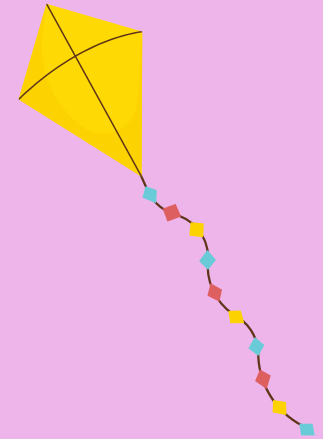


All meals come with flavored fat free or 1% milk and our Rainbow Fruit & Veggie Tray!

Grams of Carbohydrates are in Red



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**)

