

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL

LUNCH MENU FEBRUARY 2025

2/03-2/07



Grams of Carbohydrates are in Red

The Main Menu

Monday

Bowl of Chili **11g**
w/Frito Topping **4g**
Shredded Cheddar
Garlic Knot **27g**
Golden Corn **15g**

Tuesday

Nacho Tuesday
Seasoned Beef **4g**
W/Tostito Scoops
26g
Shredded Cheddar
Lettuce, Tomato,
Refried Beans **24g**

Wednesday

Chicken Tenders **14g**
Garlic Breadstick **15g**
Parmesan
Broccoli **6g**

Thursday

Stuffed Crust
Pizza **35g**
Caesar Salad **8g**

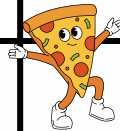


Friday

PreGame Platter
Mini Pizza Bagels **12g**
Popcorn Smackers **8g**
Corn Dogs **11g**
Oven Baked Fries **15g**
All Sports Bites **20g**

Alternate Lunch

Macaroni + Cheese
31g
Whole Grain Dinner
Roll **16g**
or



Pizzeria Style
Pizza **29g**

or

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

Stuffed Shells **9g**
Marinara Sauce **6g**

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 **30g**
Marinara Sauce **6g**

or

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

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**

Chicken Caesar **38g**

Yogurt Parfait w/Homemade Granola **74g**
Hot Pretzel (**30g**) w/Yogurt (**19g**) & String Cheese (**1g**)

Fresh Salads & More

All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas **15g**, Orange **15g**, Apples & Pear **15-25g**, 1/2 C 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**, 1/2C of Corn, Peas **15g**, 1/2C of Red Peppers, Carrots, Celery Cucumbers **3g**
Milk Choices Unflavored **13g**, Strawberry **19g**, Chocolate **19g**

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

FEBRUARY 2025



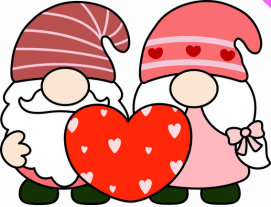

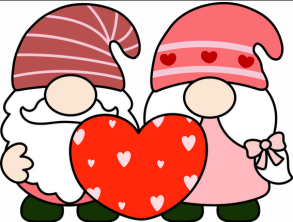
2/10 - 2/14

Monday Tuesday Wednesday Thursday Friday

American Heart Month

Grams of Carbohydrates are in Red

The Main Menu

<p>Egg + Cheese 1g Whole Grain Croissant 29g</p> <p>Oven Baked Potato Puffs 16g</p>	 <p>Grilled Cheese 27g Tomato Soup 10g</p> <p>Fresh Cut Vegetables w/Dip 3g</p>	 <p>Mini Mac + Cheese Bites 19g</p> <p>Diced Carrots 3g</p>	<p>Happy Valentines Day</p> <p>Sweetheart Nuggets 16g Heartbeat Pretzel 30g Be Mine Broccoli 6g Strawberry Shortcake 18g</p>	 <p>Valentine's Day No School</p>
<p>Macaroni + Cheese 31g Whole Grain Dinner Roll 16g</p> <p>or</p> <p>Hamburger 0g Cheeseburger 1g on Whole Grain Bun 27g</p>	<p>Pizzeria Style Pizza 29g</p> <p>or</p> <p>Hot Dog 2g Whole Grain Roll 25g</p>	 <p>Nachos 26g w/Cheese Sauce 3g</p> <p>or</p> <p>Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g</p>	<p>Spicy Chicken Patty 15g Whole Grain Bun 27g</p> <p>or</p> <p>Hot Dog 2g Whole Grain Roll 25g</p>	 <p>Valentine's Day No School</p>

Alternate Lunch

The SMS Deli

Fresh Salads & More

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**

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

All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas **15g**, Orange **15g**, Apples & Pear **15-25g**, 1/2 C 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**, 1/2C of Corn, Peas **15g**, 1/2C of Red Peppers, Carrots, Celery Cucumbers **3g**
Milk Choices Unflavored **13g**, Strawberry **19g**, Chocolate **19g**

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL

LUNCH MENU FEBRUARY 2025

2/17-2/21

American Heart Month





Grams of Carbohydrates are in Red

The Main Menu

Alternate Lunch

The SMS Deli

Fresh Salads & More

	Monday	Tuesday	Wednesday	Thursday	Friday
 President's Weekend No School	Pasta w/Meatballs 58g  Baby Spinach Salad 3g	Baked Popcorn Chicken 20g Whole Grain Dinner Roll 16g Oven Roasted Zucchini 4g	Personal Pizza 29g Tossed Salad 3g	Mini Confetti Pancakes 36g Syrup 18g Sausage Links 2g Oven Potato Puffs 16g	
 President's Weekend No School	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 30g w/Marinara Sauce 6g or Hot Dog 2g Whole Grain Roll 25g	

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

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

All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas 15g, Orange 15g, Apples & Pear 15-25g, 1/2 C 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, 1/2C of Corn, Peas 15g, 1/2C of Red Peppers, Carrots, Celery Cucumbers 3g

Milk Choices Unflavored 13g, Strawberry 19g, Chocolate 19g

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH

MENU FEBRUARY 2025

2/24-2/28

Monday Tuesday Wednesday Thursday Friday

American Heart Month

Grams of Carbohydrates are in Red

The Main Menu

Grilled Chicken Club on Whole Grain Bun **27g**
Lettuce/Tomato Bacon + Cheese Ranch **2g** or Chipotle **7g**
Oven Baked Fries **15g**

Asian Dumplings **31g**
w/Dipping Sauce **6g**
Stir Fry Vegetables **5g**



Gyro
Seasoned Beef **0g**
Tzatziki Sauce **28g**
Warm Flatbread **28g**
Steamed Edamame **7g**

Garlic French Bread Pizza **29g**

Baby Arugula Salad **3g**



Chicken Dipping Sandwich on Whole Grain Bun **43g**
Dipping Sauce **6g**
Pickles
Oven Baked Fries **15g**

Alternate Lunch

Macaroni + Cheese **31g**
w/Whole Grain Dinner Roll **16g**
or
Hamburger **0g**
Cheeseburger **1g**
on Whole Grain Bun **27g**

Pizzeria Style Pizza **29g**

or

Hot Dog **2g**
Whole Grain Roll **16g**

Baked Mozzarella Sticks **33g**
w/Marinara Sauce **6g**

or

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

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

or

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



Bosco Sticks **30g**
w/Marinara Sauce **6g**

or

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

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**

Chef Salad **31g**

Yogurt Parfait w/Homemade Granola **74g**
Hot Pretzel (**30g**) w/Yogurt (**19g**) & String Cheese (**1g**)

Fresh Salads & More

All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas **15g**, Orange **15g**, Apples & Pear **15-25g**, 1/2 C 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**, 1/2C of Corn, Peas **15g**, 1/2C of Red Peppers, Carrots, Celery Cucumbers **3g**

Milk Choices Unflavored **13g**, Strawberry **19g**, Chocolate **19g**

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