

SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU
NOVEMBER 2024



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

Monday Tuesday ^{11/01} Wednesday Thursday Friday

The Main Menu

BREAKFAST & LUNCH FREE 24-25 SCHOOL YEAR



FOOD SERVICE DEPARTMENT IS HIRING SUBSTITUTES. PLEASE CALL 860-354-3712 OR APPLY @ess.com

BBQ Rib Beef Patty on Whole Grain Bun

Tex Mex Bean Salad

Bosco Sticks w/Marinara Sauce

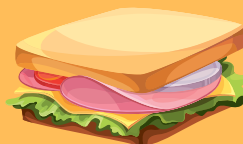
or

Hot Dog on Whole Grain Roll



Alternate Lunch

The SMS Deli



BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives

FRESH SALADS & More



Chicken Caesar Salad
Yogurt Parfait w/ Homemade Granola
Hot Pretzel w/Yogurt & String Cheese



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

NOVEMBER 2024

11/04-11/08

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

The Main Menu

Monday
Mini Cheese Ravioli
Whole Grain Roll



No School

Wednesday
Baked Chicken Tenders
Garlic Breadstick

Thursday
Stuffed Crust Pizza
Caesar Salad



Friday
Cheeseburger Grinder
Lettuce/Tomato
Sweet Potato Fries

Baked Carrots

Roasted Zucchini

Alternate Lunch

Macaroni + Cheese w/ Whole Grain Dinner Roll
or
Hot Dog on Whole Grain Roll



Smoothie with Hot Pretzel
or

Hamburger or Cheeseburger on Whole Grain Bun

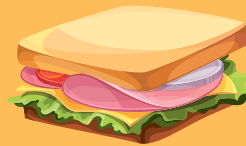
Spicy Chicken Patty on Whole Grain Bun
or

Hot Dog on Whole Grain Roll



Twisted Sticks w/Marinara Sauce
or
Hamburger or Cheeseburger on Whole Grain Bun

The SMS Deli



BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives

FRESH SALADS & More



Chef Salad

Yogurt Parfait w/Homemade Granola
Hot Pretzel w/Yogurt & String Cheese



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU
NOVEMBER 2024

11/11-11/15

Monday Tuesday Wednesday Thursday Friday

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

The Main Menu

Alternate Lunch

The SMS Deli

FRESH SALADS & More



No School



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

Refried Beans



Early Dismissal
French Bread
Pizza

Baby Spinach
Salad

Thanksgiving Feast 

Roasted Turkey w/
Gravy
Mashed Potato
Golden Corn
Banana Bread

Baked Popcorn
Chicken
Whole Grain
Biscuit
Steamed
Edamame

Pizzeria Style Pizza

or


Hamburger or
Cheeseburger on
Whole Grain Bun

Early Dismissal
Lasagna w/Whole
Grain
Dinner roll
or
Hot Dog on Whole
Grain Roll

Spicy Chicken Patty on
Whole Grain Bun


or

Hamburger or
Cheeseburger on
Whole Grain Bun




Bosco Sticks
w/Marinara Sauce
or


Hot Dog on
Whole Grain Bun




BOARS HEAD
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives



Chicken Caesar Salad
Yogurt Parfait w/Homemade Granola
Hot Pretzel w/Yogurt & String Cheese



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

NOVEMBER 2024

11/18-11/22

Monday Tuesday Wednesday Thursday Friday

The Main Menu

Chicken Dippin'
Sandwich
Whole Grain Bun
Dipping Sauce

Oven Baked Fries



Emoji Day
Eggoji Waffles
Emoji Potatoes

Sausage Patties

Baked Mozzarella
Sticks w/ Marinara
Sauce

Broccoli Florets



4X6 Pizza

Caesar Salad



Chicken Nuggets
Brown Rice

Roasted
Butternut
Squash

Macaroni + Cheese w/
Whole Grain Dinner
Roll



or
Hamburger or
Cheeseburger on
Whole Grain Roll

Pizzeria Style Pizza

or

Hotdog on Whole
Grain Bun



Smoothie w/Hot
Pretzel
or

Hamburger or
Cheeseburger on
a Whole Grain Roll

Spicy Chicken Patty
on Whole Grain Bun
or

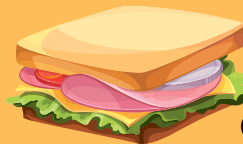
Hot Dog on Whole
Grain Bun

Bosco Sticks w/
Marinara Sauce
or

Hamburger or
Cheeseburger on
a Whole Grain Roll

Alternate Lunch

The SMS Deli



BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives

FRESH SALADS & More



Chef Salad

Yogurt Parfait w/Homemade Granola
Hot Pretzel w/Yogurt & String Cheese



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

NOVEMBER 2024

11/25-11/29

Monday Tuesday Wednesday Thursday Friday

The Main Menu

Egg + Cheese on
Whole Grain
Croissant

Baked Potato
Puffs

Chicken Fajitas
w/Onions/Peppers
Salsa, Sour Cream

Green Beans

Early Dismissal!

Pizza

Tossed Garden
Salad

Thanksgiving Holiday
No School!

Alternate Lunch

Macaroni + Cheese
w/ Whole Grain
Dinner Roll

or

Hot Dog on Whole
Grain Roll

Pizzeria Style Pizza

or

Hamburger or
Cheeseburger on
Whole Grain Bun

Early Dismissal!

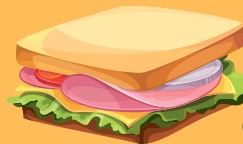
Tostito Chips
w/Cheddar Cheese
Sauce

or

Hot Dog on Whole
Grain Bun

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

The SMS Deli



BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives

FRESH SALADS & More



Chicken Caesar Salad
Yogurt Parfait w/Homemade Granola
Hot Pretzel w/Yogurt & String Cheese

