

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH

MENU JUNE 2025

6/02-6/06

Monday

Tuesday

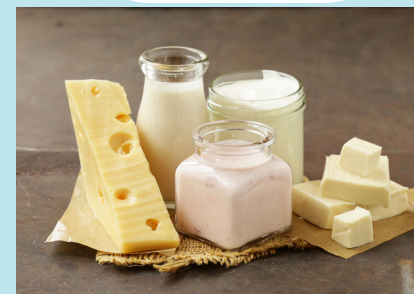
Wednesday

Thursday

Friday






June is National Dairy Month and all meals come with fat free or 1% milk and our Rainbow Fruit & Veggie Tray



The Main Menu

Alternate Lunch

 <p>Chicken Drumstick 10g Garlic Breadstick 15g Roasted Squash 4g</p>	<p>Taco Tuesday Tacos 18g Seasoned Beef 4g Lettuce/Tomato/Salsa/Sour Cream Mexican Street Corn 18g</p>	<p>Breakfast for Lunch Waffles 24g or French Toast 38g Syrup 18g Sausage Patties 2g Potato Puffs 15g</p>	<p>Stuffed Crust Pizza 30g Caesar Salad 8g</p> 	<p>Asian Chicken 19g Brown Rice 37g Broccoli Florets 6g</p> 
<p>Macaroni + Cheese 31g w/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 on Whole Grain Roll 25g</p>	<p>Mini Cheese Ravioli 21g or Stuffed Shells with Marinara Sauce 15g Whole Grain Dinner Roll 16g</p> <p>or</p> <p>Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g</p>	<p>Spicy Chicken Patty 15g on Whole Grain Bun 27g</p> <p>or</p> <p>Hot Dog 2g on Whole Grain Roll 25g</p>	<p>Bosco Sticks 34g w/Marinara Sauce 6g</p> <p>or</p> <p>Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g</p>



Find a Summer Meal Program Here: <https://www.fns.usda.gov/summer/sitefinder>
The U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP) helps fill the hunger gap by providing nutritious meals and snacks for children ages 18 and younger.

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH

MENU JUNE 2025

6/09-6/11

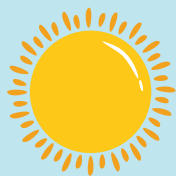
Monday

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The Main Menu

Mixed Up
Chicken **0-15g**
Whole Grain
Dinner Roll
16g
Steamed
Edamame **7g**

Early Dismissal
Cheese
Quesadilla **39g**
Salsa + Sour
Cream
Golden Corn **15g**

Early Dismissal
Pizza **26-35g**
Assorted Fresh
Vegetable Tray w/
Ranch Dressing

Alternate Lunch

Nachos **26g**
w/Cheese
Sauce **4g**

or

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

Early Dismissal
Pizzeria Style
Pizza **29g**

or

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

Early Dismissal
Macaroni + Cheese
31g
w/Whole Grain
Dinner Roll **16g**

or

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



**Summer Vacation
Begins!**



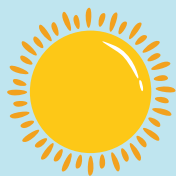
SUMMER NUTRITION PROGRAMS FOR KIDS

Find a Summer Meal Program Here:

<https://www.fns.usda.gov/summer/sitefinder>

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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**

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**)

