

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU MARCH 2025

3/03-3/07



Monday

Tuesday



Wednesday

Thursday

Friday

The Main Menu

Alternate Lunch

<p>Cheese Quesadilla 39g w/Salsa + Sour Cream</p> <p>Golden Corn 15g</p>	<p>French Toast Sticks 38g Syrup 18g Sausage Patties 2g Oven Baked Sweet Potato Fries 15g</p>	<p>Early Dismissal Mini Ravioli w/Marinara Sauce 21g Garlic Bread 15g Tossed Salad 4g "Local" Rainbow Carrots 3g w/Dip 2g</p> 	<p>4X6 Pizza 30g Tossed Salad 4g w/Baby Grape Tomatoes + Cucumbers</p>	<p>Chicken Nachos 18g Seasoned Chicken 4g Cheese, Lettuce, Tomato, Salsa Refried Beans 24g</p>
<p>Pizza Bagel 33g</p> <p>or</p> <p>Hot Dog 2g Whole Grain Roll 25g</p>	<p>Pizzeria Style Pizza 29g</p> <p>or</p> <p>Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g</p>	<p>Early Dismissal Egg & Cheese 1g Whole Grain Croissant 29g</p> <p>or</p> <p>Hot Dog 2g Whole Grain Bun 25g</p>	<p>Spicy Chicken Patty 15g on Whole Grain Bun 27g</p> <p>or</p> <p>Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g</p>	<p>Bosco Sticks 30g w/Marinara Sauce 6g</p> <p>or</p> <p>Hot Dog 2g Whole Grain Roll 25g</p> 

NATIONAL SCHOOL BREAKFAST WEEK (MARCH 3-7). GIVE THE SCHOOL BREAKFAST A TRY & BREAKFAST IS FREE FOR 2024/2025 SCHOOL CALENDAR

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



CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU MARCH 2025

3/10-3/14



Monday

Tuesday

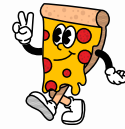

Wednesday

Thursday

Friday

The Main Menu

Alternate Lunch

<p>Pizza Crunchers 41g</p> <p>Homemade Zucchini Fries 10g</p>	<p>Baked Chicken Tenders 13g</p> <p>Garlic Breadstick 15g Parmesan Broccoli 6g</p>	<p>Steak + Cheese on Ciabatta Roll 30g w/ or w/o Peppers</p> <p>Oven Baked Fries 15g</p>	 <p>Personal Pizza 29g</p> <p>Tossed Salad made w/Local Hydroponic Lettuce 4g</p>	<p>Baked Popcorn Chicken 20g</p> <p>Whole Grain Dinner Roll 16g</p> <p>Steamed Edamame 7g</p>
<p>Macaroni + Cheese 31g w/Whole Grain Dinner Roll 16g</p> <p>or</p> <p>Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g</p>	<p>Pizzeria Style Pizza 29g</p> <p>or</p> <p>Hot Dog 2g Whole Grain Roll 25g</p>	<p>Totally Taco 34g</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>Bosco Sticks 30g w/Marinara Sauce 6g</p> <p>or</p> <p>Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g</p>

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



CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH

MENU MARCH 2025

3/17-3/21

Monday

Tuesday

Wednesday




Thursday

Friday



The Main Menu

Alternate Lunch

<p>Happy St. Patrick's Day Shamrock Nuggets 16g Emerald Broccoli 6g Dublin Dinner Roll 16g</p> 	<p>Meatloaf 5g w/Gravy 4g</p> <p>Mashed Potatoes 17g</p> <p>Corn 15g Whole Grain Dinner Roll 16g</p>	<p>Waffle Bar 24g Assorted Toppings 2-20g Sausage Patties 2g</p> 	<p>First Day of Spring Pizza Bagel 33g Caesar Salad 8g "Bloom" Sidekick 23g</p> 	<p>Grilled Chicken Club Baked Chicken 0g Kaiser Roll 33g w/Bacon, Cheese, Lettuce, Tomato Ranch 2g or Chipotle Dressing 7g Sweet Potato Fries 15g</p>
<p>Happy St. Patrick's Day Shamrock Smoothie 63g w/Hot Pretzel 30g</p> <p>or</p> <p>Hot Dog 2g Whole Grain Roll 25g</p>	<p>Pizzeria Style Pizza 29g</p> <p>or</p> <p>Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g</p>	<p>Meatball Grinder 30g</p> <p>or</p> <p>Hot Dog 2g Whole Grain Roll 25g</p>	<p>Spicy Chicken Patty 15g Whole Grain Bun 27g</p> <p>or</p> <p>Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g</p>	 <p>Bosco Sticks 30g w/Marinara Sauce 6g</p> <p>or</p> <p>Hot Dog 2g Whole Grain Roll 25g</p>

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



CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU MARCH 2025

3/24-3/28



Monday

Tuesday







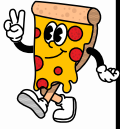

Wednesday

Thursday

Friday

The Main Menu

Alternate Lunch

<p>Polish Pierogies 48g w/Sour Cream Roasted Butternut Squash 21g</p> 	<p>Mexican Tacos 18g Seasoned Beef 4g Cheese, Salsa Lettuce, Tomato Mexican Street Corn 18g</p> 	<p>Italian Pasta Meatballs 58g Caesar Salad 8g</p> 	<p> Opening Day of Baseball All American "Hot Dog" 2g Whole Grain Roll 25g Baked Beans 29g Fresh Vegetable w/Dip 5g Popcorn 9g</p> 	<p>Asian Chicken General Tso Chicken 19g Brown Rice 37g Broccoli Florets 6g</p> 
<p>French Bread Pizza 33g</p> <p>or</p> <p>Hamburger 0g Cheeseburger 1g 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>Bosco Sticks 30g Marinara Sauce 6g</p> <p>or</p> <p>Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g</p>



ETHNIC DISHES CONNECT US -
DIVERSITY IN CUISINE WILL BE
CELEBRATED THE WEEK OF 24TH

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

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU MARCH 2025

3 / 31

Spring Is Coming



Monday

The Main Menu

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



Alternate Lunch

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

or

Hot Dog 2g
Whole Grain Roll
25g



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

CARBOHYDRATE COUNTING GUIDE CONTINUES

All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas **15g**, Orange **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**

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**)