

SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

JANUARY 2025

1/01 - 1/03



Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Food Service Department is hiring part time workers and substitutes. Please call 860-354-3712.



Stuffed Crust Pizza

Caesar Salad

Steak & Cheese on Ciabatta Roll w/ or w/o Peppers & Onions

Baked Sweet Potato Fries

Alternate Lunch

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



Spicy Chicken Patty on Whole Grain Bun

or

Hot Dog on Whole Grain Roll

Bosco 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

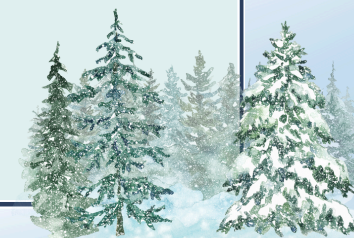
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives



FRESH SALADS & More

Chef Salad

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



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

JANUARY 2025

1/06-1/10



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

The Main Menu

Monday

Grilled Cheese
Warm Cup of Soup
Fresh Cut Vegetable w/Dip

Tuesday

Taco Tuesday
Seasoned Beef
Lettuce, Tomato, Cheese, Sour Cream, Salsa
Brown Rice
Corn & Bean Salad

Wednesday

Baked Chicken Nuggets
Buttermilk Biscuit
Diced Carrots

Thursday

Garlic French Bread Pizza
Tossed Garden Salad

Friday

French Toast Sticks
Sausage Patties
Baked Potato Puffs

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

Nachos w/Hot Honey Beef & Queso

Or

Hot Dog on Whole Grain Roll

Spicy Chicken Patty on Whole Grain Bun
or

Hamburger or Cheeseburger Whole Grain Bun

Bosco Sticks w/ Marinara Sauce

or

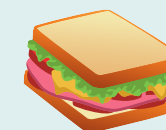
Hot Dog on a Whole Grain Roll

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

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



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

JANUARY 2025

1/13-1/17



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

The Main Menu

Monday

Cheese Quesadilla w/Salsa & Sour Cream
Refried Beans

Tuesday

Mini Cheese Ravioli
Garlic Breadstick
Broccoli Parmesan

Wednesday

Baked Chicken Tenders
Whole Grain Roll
Roasted Zucchini Squash

Thursday

Personal Pizza
Baby Spinach Salad

Friday

Baked Chicken Club on Whole Grain Bun w/Lettuce, Tomato, Bacon & Cheese
Chipotle or Ranch
Oven Baked Potato Wedges

Alternate Lunch

Macaroni + Cheese w/ Whole Grain Dinner Roll

or

Hamburger or Cheeseburger on Whole Grain Bun

Pizzeria Style Pizza

or

Hot Dog on Whole Grain Roll

BBQ Rib on Kaiser Roll

or

Hamburger or Cheeseburger on Whole Grain Bun

Spicy Chicken Patty on Whole Grain Bun

or

Hot Dog on Whole Grain Roll

Bosco Sticks w/ Marinara Sauce

or

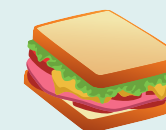
Hamburger or Cheeseburger with Whole Grain Bun

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

JANUARY

1/20-1/24



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

The Main Menu

Monday



No School

Tuesday

Baked Mozzarella Sticks W/Marinara Sauce

Local Roasted Cabbage

Wednesday

Baked Popcorn Chicken

Corn Muffin

Roasted Butternut Squash

Thursday

4 X 6 Pizza

Caesar Salad

Friday

Totally Taco w/Salsa & Sour Cream

Golden Corn

Alternate Lunch



No School

Pizzeria Style Pizza

or

Hamburger or Cheeseburger on a Whole Grain Bun

Smoothie w/Hot Pretzel

Or

Hot Dog on a Whole Grain Roll

Spicy Chicken Patty on Whole Grain Bun

or

Hamburger or Cheeseburger on a Whole Grain Bun

Bosco Sticks w/Marinara Sauce

or

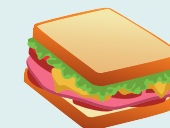
Hot Dog on Whole Grain Roll

The SMS Deli

BOARS HEAD

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

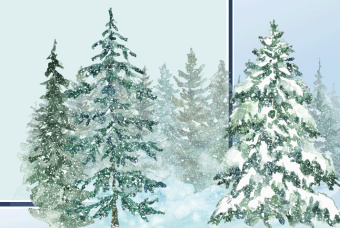
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives



FRESH SALADS & More

Chicken Caesar

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



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

JANUARY 2025

1/27-1/31



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

The Main Menu

Monday

Baked Pizza
Crunchers

Steamed
Edamame

Tuesday

Tot-Chos

Warm Garlic
Knot

Wednesday

Chinese New Year

General Tso's
Chicken
Brown Rice
Steamed Broccoli

Fortune Cookie

Thursday

Pizza

Tossed Salad

Friday

Chicken Dippin
Sandwich
Whole Grain Bun
Dipping Sauce
Oven Baked
Fries

Alternate Lunch

Macaroni + Cheese w/
Whole Grain Dinner
Roll

or

Hamburger or
Cheeseburger on
Whole Grain Bun

Pizzeria Style Pizza

or

Hot Dog on Whole
Grain Roll

Grilled Cheese
or

Hamburger or
Cheeseburger on
Whole Grain Bun

Spicy Chicken Patty
on Whole Grain Bun

or

Hot Dog Whole Grain
Roll

Bosco 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

