

# Spring

## SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

MAY 2024

4/29-5/03



Monday

Tuesday

Wednesday

Thursday

Friday

### The Main Menu

**Breakfast AND Lunch are FREE for ALL Students in ALL schools up until June 2024!**




Asian Dumplings w/Stir Fry Vegetables

Personal Pizza

Caesar Salad

**Celebrate Cinco De Mayo!**

**Build Your Own Frito Burrito** 

Chicken

Apple Churro

### Alternate Lunch

Smoothie w/Hot Pretzel



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 Roll

### The SMS Deli

**BOARS HEAD**

Turkey, Ham, Buffalo Chicken, Italian Combo

Cheese: American, Provolone, Pepperjack

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Mixed Pepper Strips, Onions, Olives



### FRESH SALADS & More



Salad of the Week:  
Caesar Salad

Other Options:  
Yogurt Parfait, Pretzel Meal

All meals are served with our Rainbow Fruit & Veggie Tray and choice of 1% white milk or nonfat chocolate milk!



# SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

MAY 2024

5/06-5/10

# Spring



## The Main Menu

Monday

Asian Chicken

Brown Rice



Broccoli Florets

Tuesday

**Taco Tuesday!**

Seasoned Beef  
w/Lettuce/Tomato/  
Shredded Cheddar



Sour Cream + Salsa  
Brown Rice  
Golden Corn

Wednesday

Chicken Club  
Sandwich

**Roasted Local  
Sweet Potatoes!**



Thursday

Pizza Bagel



Baby Spinach  
Salad



Friday

Waffle Bar  
w/Toppings

Sausage Patties

## 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

Mini Chicken Corn  
Dogs

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 on  
Whole Grain Bun

## The SMS Deli

**BOARS HEAD**

Turkey, Ham, Buffalo Chicken, Italian Combo

Cheese: American, Provolone, Pepperjack

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Mixed Pepper Strips,  
Onions, Olives



## FRESH SALADS & More



Salad of the Week:  
Chef Salad

Other Options:  
Yogurt Parfait, Pretzel Meal

All meals are served with our  
Rainbow Fruit & Veggie Tray and  
choice of 1% white milk or  
nonfat chocolate milk!



# SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

## MAY 2024

### 5/13 - 5/17

# Spring



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

## The Main Menu

Chicken Nachos



Mini Cheese Ravioli



Garlic Knot

Steamed Edamame



**Chicken + Waffles**

Chicken Nuggets  
Warm Waffle  
Roasted Squash  
Strawberry Shortcake



Garlic French Bread Pizza

Tossed Salad

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



Oven Baked Fries

## 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

Smoothie w/Hot Pretzel

or

Hot Dog on Whole Grain Roll

**Early Dismissal**  
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 Roll

## The SMS Deli

### BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo

Cheese: American, Provolone, Pepperjack

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Mixed Pepper Strips, Onions, Olives



## FRESH SALADS & More



Salad of the Week:  
Caesar Salad

Other Options:  
Yogurt Parfait, Pretzel Meal

All meals are served with our Rainbow Fruit & Veggie Tray and choice of 1% white milk or nonfat chocolate milk!



# SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

## MAY 2024

### 5/20-5/24

# Spring



## The Main Menu

Monday

Cheese Quesadilla w/Salsa + Sour Cream



Refried Beans

Tuesday

French Toast Sticks

Sausage Links

Oven Potatoes

Wednesday

Chicken Dipping Sandwich



Parmesan Broccoli

Thursday

Stuffed Crust Pizza

Caesar Salad



Friday

Hot Dog Bar w/Baked Beans + Popcorn



## 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

Baked Mozzarella Sticks w/Marinara Sauce

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 on Whole Grain Bun

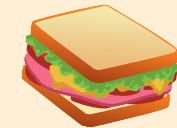
## The SMS Deli

### BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo

Cheese: American, Provolone, Pepperjack

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Mixed Pepper Strips, Onions, Olives



## FRESH SALADS & More



Salad of the Week:  
Chef Salad

Other Options:  
Yogurt Parfait, Pretzel Meal

All meals are served with our Rainbow Fruit & Veggie Tray and choice of 1% white milk or nonfat chocolate milk!



# Spring

## SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

### MAY 2024

### 5/27-5/31



Monday

Tuesday

Wednesday

Thursday

Friday

### The Main Menu



No School

Beef Totchos

Buttermilk Biscuit



Baked Chicken Tenders

Whole Grain Dinner Roll



Sweet Peas

Pizza

Tossed Salad



Chicken Club Sandwich

Sweet Potato Fries

### Alternate Lunch

Pizzeria Style Pizza



or

Hot Dog on Whole Grain Roll

Smoothie w/Hot Pretzel



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 on Whole Grain Bun

### The SMS Deli

**BOARS HEAD**

Turkey, Ham, Buffalo Chicken, Italian Combo

Cheese: American, Provolone, Pepperjack

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Mixed Pepper Strips, Onions, Olives



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