

# SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

NOVEMBER 2023

10/30-11/03

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

Monday Tuesday Wednesday Thursday Friday

## The Main Menu

## Alternate Lunch

**Local Apples from Maple Bank Farm will be Offered in November!**



**Brunch for Lunch!**  
French Toast Sticks

Sausage Patties

Baked Potato Puffs

Stuffed Crust Pizza

**Kale Salad w/ Local Kale!**

Baked Popcorn Chicken

Garlic Breadstick

Roasted Squash



Totally Taco



or

Hamburger or Cheeseburger on Whole Grain Bun

Spicy Chicken Patty on Whole Grain Bun

or

Hot Dog on Whole Grain Roll

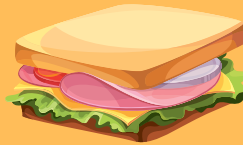


Bosco Sticks

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



**Salad of the Week:**

Caesar Salad

Yogurt Parfait

Hummus w/ Pita Bread Week of 11/13 only



# SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

NOVEMBER 2023

11/06-11/10

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

Monday Tuesday Wednesday Thursday Friday

## The Main Menu

Pizza  
Crunchers  
Sliced Carrots

Parent  
Conferences  
No School

Chicken + Waffles  
Chicken Tenders  
Roasted  
Cauliflower

Personal Pizza  
w/ Tossed Garden  
Salad

**VETERANS  
DAY**  
No School

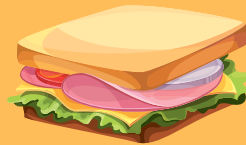
## Alternate Lunch

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

Smoothie Bar  
or  
Hamburger or  
Cheeseburger on  
Whole Grain Bun

Spicy Chicken Patty  
on Whole Grain Bun  
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



Salad of the Week:  
Chef Salad  
Yogurt Parfait  
Hummus w/ Pita Bread Week of 11/13 only



# SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

NOVEMBER 2023

11/13 - 11/17

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

Monday

Tuesday

Wednesday

Thursday

Friday

Asian Chicken  
Brown Rice  
Broccoli Florets

Cheese Quesadilla w/ Salsa  
Sour Cream  
Refried Beans

**Turkey Dinner**  
Roasted Turkey w/ Gravy  
Mashed Potato  
Roasted Butternut Squash with Local Squash!  
Warm Turkey Pretzel

Pizza Bagel w/ Caesar Salad

BBQ Rib on Wheat Roll  
Vegetarian Baked Bean  
Sweet Potato Fries

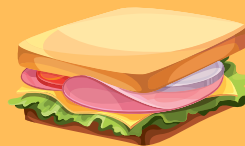
Macaroni + Cheese w/ Whole Grain Dinner Roll  
Hamburger or Cheeseburger on Whole Grain Bun

Pizzeria Style Pizza  
Hot Dog on Whole Grain Roll

Corn Dog Nuggets  
or  
Hamburger or Cheeseburger on Whole Grain Bun

Spicy Chicken Patty on Whole Grain Bun  
or  
Hot Dog on Whole Grain Roll

Bosco Sticks  
or  
Hamburger or Cheeseburger 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



Salad of the Week:  
Caesar Salad  
Yogurt Parfait  
Hummus w/ Pita Bread Week of 11/13 only





# SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

NOVEMBER 2023

11/20-11/24

Monday Tuesday Wednesday Thursday Friday

## The Main Menu

Baked Mozzarella  
Sticks w/  
Marinara Sauce

Steamed  
Edamame

**Taco Tuesday!**  
Seasoned Meat  
Lettuce/Tomato/  
Sour Cream

Brown Rice  
Corn + Black Bean

**1/2 Day!**  
Baked Chicken  
Patty on Whole  
Grain Bun  
Lettuce/Tomato

Baked Crinkle Fries

**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

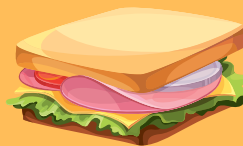
**1/2 Day!**  
Wild Mike's Pizza  
Bites

or

Hot Dog

**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



### Salad of the Week:

Chef Salad

Yogurt Parfait

Hummus w/ Pita Bread Week of 11/13 only



# SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

NOVEMBER 2023

11/27-12/01

Monday

Tuesday

Wednesday

Thursday

Friday

## The Main Menu

Chicken Fajitas  
w/ Onions +  
Peppers

Garden Green  
Beans

Grilled Cheese  
on Whole  
Wheat

Warm Tomato  
Soup

Baked Chicken  
Nuggets

Garlic Breadstick

Roasted Zucchini  
Squash

Garlic  
French  
Bread Pizza  
w/ Spring  
Salad Mix

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

## 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

Smoothie Bar



or

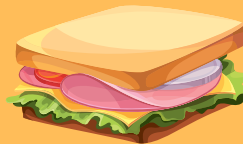
Hamburger or  
Cheeseburger on  
Whole Grain Bun

Spicy Chicken  
Patty on Whole  
Grain Bun

or

Hot Dog

## 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



### Salad of the Week:

Caesar Salad

Yogurt Parfait

Hummus w/ Pita Bread Week of 11/13 only

