

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

JANUARY 2025

1/01-1/03

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

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Milk Choices Unflavored **13g CHO**, Strawberry **19g CHO**, Chocolate **19g CHO**



No School

Stuffed Crust Pizza **35g**

Caesar Salad **8g**

Steak & Cheese **1g**
Ciabatta Roll **30g**
w/ or w/o Peppers & Onions

Baked Sweet Potato Fries **15g**

Alternate Lunch



2025

No School

Spicy Chicken Patty **12g**

Whole Grain Bun **27g**
or

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

Bosco Sticks **30g**
w/ Marinara Sauce **6g**
or

Hamburger **0g**
Cheeseburger **1g**
Whole Grain Roll **25g**

The SMS Deli

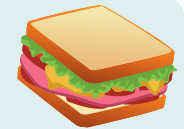
BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo **2g CHO**

Cheese: American, Provolone, Swiss, Pepperjack **1g CHO**

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

2 Slices of WW Bread **25g**, WW Bun **27g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g CHO**



FRESH SALADS & More

Chef Salad **31g CHO**

Yogurt Parfait w/Homemade Granola **74g CHO**

Hot Pretzel **30g CHO** w/Yogurt **19g CHO** & String Cheese **1g CHO**

Bananas **15g**, Orange **15g**, Apples & Pears **15-25g CHO**, 1/2 Cup of Peaches, Grapes, Mixed Fruit **15g**, Unsweetened Apple Sauce **12g**, 1/2 Cup of Melon **6g**, 4 oz of Juice **15g**, Craisins **27g**, Raisins **32g**, Fresh Apple Slices **8g**, 1/2 Cup of Black Beans, Garbanzo Beans **20g**, 1/2 Cup of Corn, Peas **15g**, 1/2 Cup of Red Peppers, Carrots, Celery, Cucumbers **2.5g CHO**

Menu subject to change - This institution is an equal opportunity provider. These are carbohydrate estimates. When there is a carb range, has to do with size of fruit or pizza type used that day.

CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

JANUARY 2025

1/06-1/10

Milk Choices Unflavored **13g CHO**, Strawberry **19g CHO**, Chocolate **19g CHO**

The Main Menu

Monday

Grilled Cheese **27g**
Warm Cup of Soup
Chicken Noodle **5g**
Tomato Soup **10g**
Fresh Cut Vegetables w/Dip **3g**

Tuesday

Tacos **12g**
Seasoned Beef **4g**
Cheese **1g**
Sour Cream **1g**
Salsa **1g**
Brown Rice **26g**
Corn + Black Bean Salad **15g**

Wednesday

Baked Chicken Nuggets **16g**
Buttermilk Biscuit **16g**
Diced Carrots **6g**

Thursday

Garlic French Bread Pizza **33g**
Tossed Garden Salad **3g**

Friday

French Toast Sticks **38g**
Syrup **18g**
Sausage Patties **2g**
Baked Potato Puffs **16g**

Alternate Lunch

Macaroni + Cheese **31g**
Whole Grain Dinner Roll **15g**
or
Hot Dog **2g**
Whole Grain Roll **25g**

Pizzeria Style Pizza **29g**
or
Hamburger **0g**
Cheeseburger **1g**
Whole Grain Bun **27g**

Nachos Tostitos **26g**
Hot Honey Beef **16g**
Queso **1g**
or
Hot Dog **2g**
Whole Grain Roll **25g**

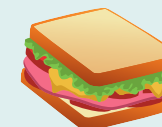
Spicy Chicken Patty **12g**
Whole Grain Bun **27g**
or
Hamburger **0g**
Cheeseburger **1g**
Whole Grain Bun **27g**

Bosco Sticks **30g**
Marinara Sauce **6g**
or
Hot Dog **2g**
Whole Grain Roll **25g**

The SMS Deli

BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo **2g CHO**
Cheese: American, Provolone, Swiss, Pepperjack **1g CHO**
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
2 Slices of WW Bread **25g**, WW Bun **27g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g CHO**



FRESH SALADS & More

Chicken Caesar **38g CHO**
Yogurt Parfait w/Homemade Granola **74g CHO**
Hot Pretzel **30g CHO** w/Yogurt **19g CHO** & String Cheese **1g CHO**

Bananas **15g**, Orange **15g**, Apples & Pears **15-25g CHO**, 1/2 Cup of Peaches, Grapes, Mixed Fruit **15g**, Unsweetened Apple Sauce **12g**, 1/2 Cup of Melon **6g**, 4 oz of Juice **15g**, Craisins **27g**, Raisins **32g**, Fresh Apple Slices **8g**, 1/2 Cup of Black Beans, Garbanzo Beans **20g**, 1/2 C up of Corn, Peas **15g**, 1/2 Cup of Red Peppers, Carrots, Celery, Cucumbers **2.5g CHO**

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CARBOHYDRATE COUNTING 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 **39g**
w/Sour Cream **1g**
Salsa **2g**
Refried Beans **16g**

Tuesday

Mini Cheese Ravioli **15g**
Marinara Sauce **6g**
Garlic Breadstick **15g**
Broccoli Parmesan **6g**

Wednesday

Baked Chicken Tenders **14g**
Whole Grain Roll **15g**
Roasted Zucchini Squash **4g**

Thursday

Personal Pizza **29g**
Baby Spinach Salad **3g**

Friday

Baked Chicken Club Whole Grain Bun **26g**
Bacon & Cheese Chipotle **7g** or Ranch **2g**
Baked Potato Wedges **18g**

Alternate Lunch

Macaroni + Cheese **31g**
Whole Grain Dinner Roll **15g**
or
Hamburger **0g**
Cheeseburger **1g**
Whole Grain Bun **27g**

Pizzeria Style Pizza **29g CHO**
or
Hot Dog **2g**
Whole Grain Roll **25g**

BBQ Rib **5g**
Kaiser Roll **27g**
or
Hamburger **0g**
Cheeseburger **1g**
Whole Grain Bun **27g**

Spicy Chicken Patty **12g**
Whole Grain Bun **27g**
or
Hot Dog **2g**
Whole Grain Roll **25g**

Bosco Sticks **30g**
Marinara Sauce **6g**
or
Hamburger **0g**
Cheeseburger **1g**
Whole Grain Bun **25g**

The SMS Deli

BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo **2g CHO**
Cheese: American, Provolone, Swiss, Pepperjack **1g CHO**
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
2 Slices of WW Bread **25g**, WW Bun **27g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g CHO**

FRESH SALADS & More

Chef Salad **31g CHO**

Yogurt Parfait w/Homemade Granola **74g CHO**

Hot Pretzel **30 g CHO** w/Yogurt **19g CHO** & String Cheese **1g CHO**

Bananas **15g**, Orange **15g**, Apples & Pears **15-25g CHO**, 1/2 Cup of Peaches, Grapes, Mixed Fruit **15g**, Unsweetened Apple Sauce **12g**, 1/2 Cup of Melon **6g**, 4 oz of Juice **15g**, Craisins **27g**, Raisins **32g**, Fresh Apple Slices **8g**, 1/2 Cup of Black Beans, Garbanzo Beans **20g**, 1/2 C up of Corn, Peas **15g**, 1/2 Cup of Red Peppers, Carrots, Celery, Cucumbers **2.5g CHO**

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**CARBOHYDRATE COUNTING SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU
JANUARY 2025
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 **33g**

Marinara Sauce **6g**

Local Roasted Cabbage **4g**

Wednesday

Baked Popcorn Chicken **20g**

Corn Muffin **25g**

Roasted Butternut Squash **21g**

Thursday

4 x 6 Pizza **30g**

Caesar Salad **8g**

Friday

Totally Taco **31g**
W/Salsa **1g**

Sour Cream **1g**

Golden Corn **15g**

Alternate Lunch



No School

Pizzeria Style Pizza **29g**
or

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

Smoothie **61g**
w/ Hot Pretzel **30g**
or

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

Spicy Chicken Patty **12g**
Whole Grain Bun **27g**
or

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

Bosco Sticks **30g**
Marinara Sauce **6g**

or

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

The SMS Deli

BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo **2g CHO**

Cheese: American, Provolone, Swiss, Pepperjack **1g CHO**

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

2 Slices of WW Bread **25g**, WW Bun **27g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g CHO**

FRESH SALADS & More

Chicken Caesar **38g CHO**

Yogurt Parfait w/Homemade Granola
74g CHO

Hot Pretzel **30g CHO** w/Yogurt **19g CHO** & String Cheese **1g CHO**

Bananas **15g**, Orange **15g**, Apples & Pears **15-25g CHO**, 1/2 Cup of Peaches, Grapes, Mixed Fruit **15g**, Unsweetened Apple Sauce **12g**, 1/2 Cup of Melon **6g**, 4 oz of Juice **15g**, Craisins **27g**, Raisins **32g**, Fresh Apple Slices **8g**, 1/2 Cup of Black Beans, Garbanzo Beans **20g**, 1/2 C up of Corn, Peas **15g**, 1/2 Cup of Red Peppers, Carrots, Celery, Cucumbers **2.5g CHO**

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CARBOHYDRATE COUNTING 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 **41g**

Steamed Edamame **7g**

Tuesday

Tot-Chos **21g**
Sour Cream **1g**
Salsa **1g**

Warm Garlic Knot **27g**

Wednesday

Chinese New Year
General Tso's
Chicken **19g**
Brown Rice **35g**
Steamed Broccoli **6g**

Fortune Cookie **4g**

Thursday

Pizza **29-33g**

Tossed Salad **4g**

Friday

Chicken Dippin
Sandwich **43g**
Dipping Sauce **6g**

Oven Baked Fries
15g

Alternate Lunch

Macaroni + Cheese **31g**
CHO
w/ Whole Grain Dinner
Roll **15g CHO**
or
Hamburger **0g**
Cheeseburger **1g**
Whole Grain Bun **27g**

Pizzeria Style
Pizza **29g CHO**

or

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

Grilled Cheese **27g**

or

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

Spicy Chicken Patty
12g
Whole Grain Bun **27g**
or
Hot Dog **2g**
Whole Grain Roll **25g**

Bosco Sticks **30g**
Marinara Sauce **6g**

or
Hamburger **0g**
Cheeseburger **1g**
Whole Grain Roll **27g**

The SMS Deli

BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo **2g CHO**

Cheese: American, Provolone, Swiss, Pepperjack **1g CHO**

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

2 Slices of WW Bread **25g**, WW Wheat Bun **27g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g CHO**

FRESH SALADS & More

Chef Salad **31g CHO**

Yogurt Parfait w/Homemade Granola **74g CHO**

Hot Pretzel **30g CHO** w/Yogurt **19g CHO** & String Cheese **1g CHO**

Bananas **15g**, Orange **15g**, Apples & Pears **15-25g CHO**, 1/2 Cup of Peaches, Grapes, Mixed Fruit **15g**, Unsweetened Apple Sauce **12g**, 1/2 Cup of Melon **6g**, 4 oz of Juice **15g**, Craisins **27g**, Raisins **32g**, Fresh Apple Slices **8g**, 1/2 Cup of Black Beans, Garbanzo Beans **20g**, 1/2 Cup of Corn, Peas **15g**, 1/2 Cup of Red Peppers, Carrots, Celery, Cucumbers **2.5g CHO**

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