

SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

MARCH 2024

2/26-3/01



Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Alternate Lunch

The SMS Deli

FRESH SALADS & More



ATTENTION PLEASE!

March is National Nutrition Month! 2024 Theme is "Beyond the Table"

March 4th-8th is National School Breakfast Week - Give Breakfast a try! It's Free to all Students.

Baked Chicken Club Sandwich



Oven Baked Crinkle Fries



Bosco Sticks w/Marinara Sauce



or



Hot Dog on Whole Grain Roll

BOARS HEAD

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



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



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, nonfat chocolate, or nonfat strawberry milk!



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

MARCH 2024

3/04 - 3/08



The Main Menu

Monday

Gyro



Mediterranean Chickpea Salad



Tuesday

Mini Chicken Waffle Sliders



Baked Oven Potato Wedges

Wednesday

Early Dismissal!

Garlic French Bread Pizza

Caesar Salad

Thursday

Pasta w/Meatballs + Sauce



Parmesan Broccoli

Friday

Baked Chicken Nuggets

Garlic Breadstick



Local Beets From Fort Hill Farm

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

Early Dismissal!
Steak + Cheese on Ciabatta Roll



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, nonfat chocolate, or nonfat strawberry milk!



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

MARCH 2024

3/11-3/15



The Main Menu

Monday

Baked Mozzarella Sticks w/Marinara Sauce



Baby Spinach Salad

Tuesday

Taco Tuesday!

Seasoned Beef, Lettuce, Tomato, Shredded Cheddar Salsa + Sour Cream

Brown Rice Golden Corn

Wednesday

Baked Popcorn Chicken



Garlic Breadstick

Sweet Peas



Thursday

Early Dismissal!

Personal Pizza

Baby Spinach Salad



Friday

Hot Honey Totchos



Garlic Knot

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

Mini Ravioli w/Whole Grain Dinner Roll

or

Hot Dog with 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, nonfat chocolate, or nonfat strawberry milk!



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

MARCH 2024

3/18 - 3/22



The Main Menu


Monday

 Asian Chicken
 Broccoli Florets
 Brown Rice


Tuesday

First Day of Spring!
 Dutch Waffle 
 Sausage Patties
 Baked Potato Puffs
 Strawberry Cup


Wednesday

Chicken Dipping Sandwich
 Roasted Squash 

Thursday


Pizza Bagel 
 Caesar Salad



Friday

Fish + Chips
 Fish Filet on Whole Grain Bun
 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

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 

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, nonfat chocolate, or nonfat strawberry milk!



SCHAGHTICOKE MIDDLE SCHOOL LUNCH MENU

MARCH 2024

3/25-3/29



The Main Menu

Monday

Baked Pizza
Crunchers



Steamed
Edamame

Tuesday



Cheese
Quesadilla
w/Sour Cream +
Salsa



Refried Beans

Wednesday

Baked Chicken
Tenders

Whole Grain
Dinner Roll



Diced Carrots

Thursday

Stuffed Crust
Pizza



Tossed Garden
Salad

Friday

**March is
National
Nutrition
Month!
2024 Theme
is "Beyond
the Table"**

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

Totally Taco

or

Hamburger or
Cheeseburger on
Whole Grain Bun

Spicy Chicken Patty
on Whole Grain Bun



or

Hot Dog 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:
Caesar Salad

Other Options:
Yogurt Parfait, Pretzel Meal

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

