



CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU NOVEMBER 2025

11/3-11/7

Monday

Tuesday

Wednesday

Thursday

Friday



The Main Menu

BBQ Beef Patty
5g
on Whole Grain
Bun 27g

Vegetarian
Baked Beans
29g



No School

Mini Maple
Pancakes 36g
Sausage Patties

Oven Potatoes 15g



Nacho Bar 34g

Baked Chicken
Nuggets 13g
Buttermilk Biscuit
16g

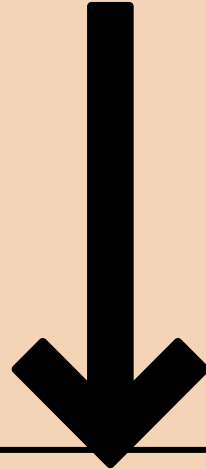
Roasted Butternut
Squash 10g



Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese
26g
w/Garlic
Breadstick 15g
Or

Garlic French
Bread Pizza 29g



Stuffed Shells
w/Whole Grain 22g
Dinner Roll 16g

Or

4x6 Pizza 30g

Twisty Breadsticks
30g
w/Marinara Sauce
4g

Or

Pizzeria Style Pizza
(Plain or
Pepperoni)
29g

Pasta 31-53g

Or

Pizza 26-35g

Green Wave Grill

Egg + Cheese on
Whole Grain
Croissant 29g

Baked Potato
Puffs 15g

Spicy Chicken
Patty 15g
on Whole Grain Bun
27g
Lettuce + Tomato

Rice Bowl 42g



Cheeseburger
Panini 30g

Baked Smile Fries
20g

FREE BREAKFAST &
LUNCH
UNTIL DECEMBER
23, 2025

**The Food & Nutrition
Department is Hiring!**

Part Time & Sub Positions
Available
Call 860-354-3712





CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU NOVEMBER 2025



Monday Tuesday 11/10-11/14 Wednesday Thursday Friday

The Main Menu

Chicken Fajitas
26g
w/Onions,
Peppers, Salsa +
Sour Cream

Green Beans 4g



No School

Hot Dog Bar
Hot Dog 2g
WG Bun 25g

Assorted Topping



Early Dismissal
Cheese Quesadilla
39g
Salsa/Sour Cream

Refried Beans 24g

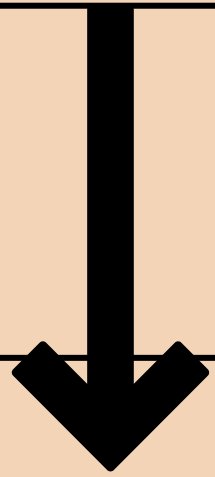
Mashed Potato
Bowl
Popcorn Chicken
20g
Mashed Potatoes
17g
w/Whole Grain
Dinner Roll 16g

Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese
26g
w/Whole Grain
Dinner Roll 16g

Or

Personal Pizza 30g



Pasta w/Meatballs
53g

Or

Stuffed Crust
Pizza 35g

Bosco Sticks 34g
w/Marinara Sauce
4g

Or

Buffalo Chicken
Pizza 26g

Pasta 31-53g

Or

Pizza 26-35g

Green Wave Grill

Grilled BBQ
Chicken 18g
Garlic Knot 27g

Cole Slaw 3g

Spicy Chicken
Patty 15g
Whole Grain Bun
27g
Lettuce + Tomato

Hamburger or
Cheeseburger 1g
Whole Grain Bun
27g

Baked Sweet
Potato Fries 15g

Nachos 30g
w/Cheddar Cheese
Sauce 4g
Salsa

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



CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU NOVEMBER 2025

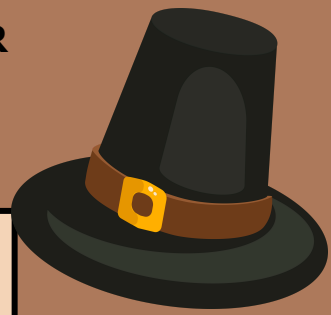
11/17-11/21
Wednesday

Monday

Tuesday

Thursday

Friday



The Main Menu

BBQ Pulled
Chicken Sliders
35g

Oven Baked
Potato Wedges
15g

Walking Taco 34g



Pizza Crunchers
41g

Glazed Carrots 9g



Turkey Dinner
Sliced Turkey
w/Gravy 4g
Mashed Potatoes
17g
Corn 15g
Pumpkin Bread 43g

Sizzler 31g

Pasta of the Day & Pizza Oven w/Salad

Macaroni +
Cheese 26g
w/Garlic
Breadsticks 15g

Or

French Bread
Pizza 29g

Alfredo Pasta w/
Broccoli 46g

Or

Pizzeria Style Pizza
29g

Smoothie 61g
w/Hot Pretzel 30g

Or

Personal Pizza 30g



Bosco Sticks 34g
w/Marinara Sauce
4g

Or

Pizzeria Style Pizza
29g

Pasta 31-53g

or

Pizza 26-35g

Green Wave Grill

Rodeo Burger
33g

Baked Crinkle
Fries 15g



Spicy Chicken on
Patty 15g
on Whole Grain Bun
27g
Lettuce + Tomato

Ham + Cheese
Panini 32g
W/Roasted Red
Peppers and Black
Olives
or
Vegetarian Panini
32g

Hamburger or
Cheeseburger 1g
Whole Grain Bun
27g

Baked Potato
Wedges 15g

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CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU NOVEMBER 2025

11/24-11/28

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill

Baked Potato
30g
w/Cheddar
Cheese Sauce 4g
Broccoli



Garlic Texas
Toast 14g

Chicken Dippin
Sandwich 43g
Dippin Sauce 6g

Steamed
Edamame 7g



Early Dismissal
Baked Mozzarella
Sticks 33g
w/Marinara Sauce
4g

Caesar Salad 8g

Happy
Thanksgiving



Macaroni +
Cheese 26g
w/Whole Grain
Dinner Roll 16g

Or

Stuffed Crust
Pizza 30g

Chicken Parmesan
13g
w/Side of Pasta
50g

Or

Buffalo Chicken
Pizza 26g

Early Dismissal
Pasta 31-53g
or
Pizza 26-35g

Grilled Cheese
w/American or
Jalapeno
Cheese 27g

Tomato Soup
10g

Chicken Parm
Panini 43g

Early Dismissal
Spicy Chicken
Patty 15g
on Whole Grain Bun
27g
Lettuce + tomato

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CARBOHYDRATE COUNTING GUIDE



**Grams of
Carbohydrates
are in Red**

All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas **15g**, Oranges **15g**, Apples & Pears **15-25g**, 1/2C of Peaches, Grapes, Mixed Fruit **15g**, Unsweetened Apple Sauce **12g**, 1/2C of Melon **6g**, 4 oz of Juice **15g**, Craisins **27g**, Raisins **32g**, Fresh Apple Slices **8g**, 1/2C of Black Beans, Garbanzo Beans **20g**, 1/2 C of Red Peppers, Carrots, Celery, Cucumbers **3g**
Milk Choices Unflavored **13g**, Strawberry **19g**, Chocolate **19g**

**The Sandwich
Board**

The Sandwich Board (Boars Head)
Turkey, Ham, Buffalo Chicken, Italian Combo **2g**
Cheese: American, Provolone, Swiss, Pepperjack **1g**
Toppings: Lettuce, Tomato, Pickles, Banana, Peppers, Onions, Olives
2 Slices of WW Bread **25g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g**, Kaiser Roll **33g**

**Garden Greens &
More**

Large or Small Chef Salad **31g**
Yogurt Fruit & Granola Parfait **74g**
Hummus Plate **50g**
Weekly Sandwich Specials:
Southwest Wrap **40g**
Chicken Caesar Wrap **38g**
Antipasto Pinwheels **34g**
Kickin Chicken Wrap **46g**
Turkey BLT Wrap **36g**
Weekly Salad Specials:
Spinach Salad **38g**
Asian Salad **50g**
Chicken Caesar Salad **38g**
Mediterranean Shaker Salad **57g**

