

CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL

LUNCH MENU JANUARY 2026

1/5-1/9

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Baked Mozzarella Sticks **33g**
Marinara Sauce **4g**



Steamed Edamame **7g**

Mini Confetti Pancakes **36g**
Sausage Patties **1g**

Oven Baked Potato Puffs **15g**

BBQ Pulled Chicken Sliders **35g**

Green Beans **4g**



Mashed Potato Bowl
Popcorn Chicken **20g**
Mashed Potatoes **17g**
Corn **15g**

w/Whole Grain Dinner Roll **16g**



Fiesta Friday
Tacos **18g**
Seasoned Beef **4g**
Rice **18g**
Lettuce, Tomato, Cheese, Salsa, Sour Cream
Refried Beans **24g**

Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese **26g**
Whole Grain Dinner Roll **16g**

Or

Stuffed Crust Pizza **35g**

Stuffed Shells **9g**
w/Garlic Breadstick **15g**

Or

Pizzeria Style Pizza **29g**
(Plain or Pepperoni)

Pasta w/Meatballs **53g**



Or
Personal Pizza **30g**

Bosco Sticks **34g**
w/Marinara Sauce **4g**

Or
Pizzeria Pizza **29g**
(Plain or Pepperoni)

Pasta **9-53g**

Or



Pizza **26-35g**

Green Wave Grill

Steak + Cheese On Sub Roll **30g**
w/ or w/o Peppers + Onions

Oven Baked Crinkle Fries **15g**

Chicken Club Sandwich **27g**
Bacon, Lettuce, Tomato, Chipotle **7g** or Ranch **2g**

Baked Potato Wedges **15g**

Spicy Chicken Patty **15g**
Whole Grain Bun **27g**
Lettuce, Tomato



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

Baked Sweet Potato Fries **15g**

BBQ Grilled Chicken **4g**

Cornbread Poppers **38g**



FREE
BREAKFAST
& LUNCH
Daily

The Food & Nutrition Department is Hiring!

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



CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL

LUNCH MENU JANUARY 2026

1/12-1/16

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Chicken Nuggets
13g
Garlic Breadstick
15g
Roasted Squash 4g

Chili Frito Pie 35g



Broccoli Florets
6g

Fry Bread 26g

Baby Spinach Salad
3g



BBQ Beef Patty 5g
on Whole Grain Bun
27g

Side of Macaroni +
Cheese 26g
Vegetarian Baked
Beans 29g



Exams

Stations Open
Grill

Pizza



Grab & Go



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

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Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese
26g
Whole Grain Dinner
Roll 16g

Or

Garlic French Bread
Pizza 29g



Waffle Breakfast
Sandwich
Egg + Cheese 1g
Whole Grain
Waffles 24g

Baked Potato Puffs
15g

Mini Ravioli 21g
w/Garlic
Breadstick 15g

Or

Buffalo Chicken
Pizza 26g



Black Bean
Burger 25g
Whole Grain Bun
27g
w/Salsa + Sour
Cream



Baked Spiral Fries
15g

Alfredo Pasta
Penne Pasta 41g
Alfredo Sauce 8g

Or

4 X 6 Pizza 30g

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



Chicken Parm Panini
43g



Green Wave Grill



JANUARY 2026

1/19-1/23

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

**Pasta of the Day
& Pizza Oven
w/Salad**

Green Wave Grill



No School

Exams

**Stations Open
Grill**



Pizza

Grab & Go

Exams

**Stations Open
Grill**

Pizza

Grab & Go



Exams

**Stations Open
Grill**

Pizza

Grab & Go



Sizzler 31g



Pasta 9-53g

Or

Pizza 26-35g

**Rodeo Burger
Hamburger
Cheese
Onion Ring 6g
Whole Grain Bun
27g**

**Oven Baked
Potato Wedges
15g**



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CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL

LUNCH MENU JANUARY 2026

1/26-1/30

Monday

Tuesday

Wednesday

Thursday

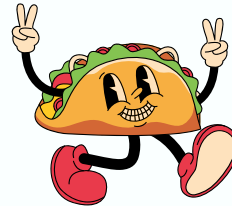
Friday

The Main Menu

Chicken Tenders
14g
Buttermilk Biscuit
16g



Walking Taco 34g



Gyro w/Tzatziki
Sauce 31g



Baked Crinkle Fries
15g

Chicken Dippin
Sandwich 43g
Dippin Sauce 6g

Roasted Broccoli 6g



Cheese
Quesadilla 39g
w/Salsa + Sour
Cream

Black Beans +
Corn Salad 15g

Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese
26g
Whole Grain Dinner
Roll 16g



Or

French Bread Pizza
33g



Nachos w/Cheese
Sauce 34g

Pasta
w/Meatballs 53g

Or

Buffalo Chicken
Pizza 26g



Italian Combo
Platter
Pizza Crunchers 21g
Mozzarella Sticks 18g
Marinara Sauce 4g

Or

Stuffed Crust Pizza
35g

Bosco Sticks 34g
w/Marinara Sauce 4g

Or

Pizzeria Style Pizza
29g
(Plain or Pepperoni)

Pasta 9-53g



Or

Pizza 26-35g

Green Wave Grill

Rice Bowl 42g

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

Totally Tacos 31g
w/Salsa and Sour
Cream

Mexican Corn Salad
18g

Teriyaki Grilled
Chicken 6g

Garlic Knot 27g



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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**



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