

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**

FREE
BREAKFAST
& LUNCH
Daily

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**

The Food & Nutrition Department is Hiring!

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

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**



CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL
LUNCH MENU JANUARY 2026
1/12-1/16

The Main Menu

Monday

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

Tuesday

Chili Frito Pie **35g**

 Broccoli Florets **6g**

Wednesday

Fry Bread **26g**
 Baby Spinach Salad **3g**


Thursday

BBQ Beef Patty **5g**
 on Whole Grain Bun **27g**
 Side of Macaroni + Cheese **26g**
 Vegetarian Baked Beans **29g**


Friday

Exams

Stations Open
Grill

Pizza



Grab & Go



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**

NEW!

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**

Bosco Sticks **34g**
 w/Marinara Sauce **4g**
 Or
 Pizzeria Style Pizza **29g**
 (Plain or Pepperoni)

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



Chicken Parm Panini **43g**



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

FREE BREAKFAST & LUNCH Daily

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JANUARY 2026

1/19-1/23

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu



No School

Pasta of the Day
& Pizza Oven
w/Salad

Green Wave Grill



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
27gOven Baked
Potato Wedges
15gAll meals
come with
flavored fat
free milk or
1% milk and
our Rainbow
Fruit and
Veggie TrayFREE
BREAKFAST
& LUNCH
DailyThe Food &
Nutrition
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CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL
LUNCH MENU JANUARY 2026
1/26-1/30

Monday

Tuesday

Wednesday

Thursday

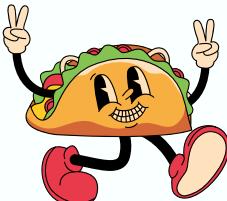
Friday

The Main Menu

Chicken Tenders
14g
Buttermilk Biscuit
16g



Walking Taco 34g



Gyro w/Tzatziki
Sauce 31g



Chicken Dippin
Sandwich 43g
Dippin Sauce 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



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

French Bread Pizza
33g



Nachos w/Cheese
Sauce 34g

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

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

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BREAKFAST
& LUNCH
Daily**

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CARBOHYDRATE COUNTING GUIDE

Grams of Carbohydrates are in Red

The Sandwich Board

Garden Greens & More

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**

FREE BREAKFAST & LUNCH Daily

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**

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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