

NEW MILFORD HIGH SCHOOL LUNCH MENU JANUARY 2026

1/5-1/9

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Baked Mozzarella Sticks
Marinara Sauce



Steamed Edamame

Mini Confetti Pancakes
Sausage Patties
Oven Baked Potato Puffs

BBQ Pulled Chicken Sliders
Green Beans



Mashed Potato Bowl w/Whole Grain Dinner Roll



Fiesta Friday
Tacos
Seasoned Beef
Brown Rice
Lettuce, Tomato, Cheese, Salsa, Sour Cream
Refried Beans

Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese
Whole Grain Dinner Roll
Or
Stuffed Crust Pizza

Stuffed Shells w/Garlic Breadstick
Or
Pizzeria Style Pizza (Plain or Pepperoni)

Pasta w/Meatballs
Or
Personal Pizza

Bosco Sticks w/Marinara Sauce
Or
Pizzeria Pizza (Plain or Pepperoni)

Pasta
Or
Pizza



Green Wave Grill

Steak + Cheese On Sub Roll w/ or w/o Peppers + Onions
Oven Baked Crinkle Fries

Chicken Club Bacon, Lettuce, Tomato, Chipotle or Ranch
Baked Potato Wedges

Spicy Chicken Patty Whole Grain Bun
Lettuce, Tomato



Hamburger or Cheeseburger on Whole Grain Bun
Baked Sweet Potato Fries

BBQ Grilled Chicken
Cornbread Poppers



The Sandwich Board



Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
WW Bread, Ciabatta Roll, Wrap, Flat Bread or Kaiser Roll

Garden Greens & More

Large or Small Chef Salad
Yogurt Fruit & Granola Parfait, Hummus Plate
Weekly Special:
Quinoa Bowl
Chicken Caesar Wrap



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

FREE BREAKFAST & LUNCH Daily

The Food & Nutrition Department is Hiring!
Part Time & Sub Positions Available Call 860-354-3712



NEW MILFORD HIGH SCHOOL LUNCH MENU JANUARY 2026

1/12-1/16

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

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

Green Wave Grill

**The Sandwich
Board**

**Garden Greens &
More**

Chicken Nuggets
Garlic Breadstick
Roasted Squash

Chili Frito Pie

Broccoli Florets

Fry Bread
Baby Spinach Salad


BBQ Beef Patty
on Whole Grain Bun
Side of Macaroni +
Cheese
Vegetarian Baked
Beans

Macaroni + Cheese
Whole Grain Dinner
Roll
Or
Garlic French Bread
Pizza


Mini Ravioli
w/Garlic
Breadstick
Or
Buffalo Chicken
Pizza


Alfredo Pasta
Or
4 X 6 Pizza


Bosco Sticks
w/Marinara Sauce
Or
Pizzeria Style
(Plain or Pepperoni)

**Waffle Breakfast
Sandwich**
Egg + Cheese on
Whole Grain
Waffles
Baked Potato Puffs

NEW!
Black Bean
Burger w/Salsa +
Sour Cream

Baked Spiral
Fries

Spicy Chicken Patty
on Whole Grain Bun
Lettuce, Tomato



Chicken Parm Panini



Exams

**Stations Open
Grill**

Pizza



Grab & Go



Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
WW Bread, Ciabatta Roll, Wrap, Flat Bread or Kaiser Roll



Large or Small Chef Salad
Yogurt Fruit & Granola Parfait, Hummus Plate
Weekly Special:
Chicken Caesar Salad
Kickin Chicken Wrap

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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Department is
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Positions Available
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NEW MILFORD HIGH SCHOOL LUNCH MENU 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

The Sandwich Board

Garden Greens &
More

Exams

Stations Open

Grill



Pizza

Grab & Go

Exams

Stations Open

Grill

Pizza

Grab & Go



Boars Head

Turkey, Ham, Buffalo Chicken, Italian Combo

Cheese: American, Provolone, Swiss, Pepperjack

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

WW Bread, Ciabatta Roll, Wrap, Flat Bread or Kaiser Roll



Large or Small Chef Salad

Yogurt Fruit & Granola Parfait, Hummus Plate

Weekly Special:

Southwest salad

Turkey BLT Wrap

Sizzler



Pasta
Or
Pizza

Rodeo Burger
Oven Baked
Potato Wedges

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

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& LUNCH
Daily

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NEW MILFORD HIGH SCHOOL LUNCH MENU JANUARY 2026

1/26-1/30

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Chicken Tenders
Buttermilk Biscuit

Sweet Peas



Walking Taco



Gyro w/Tzatziki
Sauce



Baked Crinkle Fries

Chicken Dippin
Sandwich



Roasted Broccoli

Cheese
Quesadilla
w/Salsa + Sour
Cream

Black Beans +
Corn Salad

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

Macaroni + Cheese
Whole Grain Dinner
Roll

Or

French Bread Pizza



Pasta
w/Meatballs

Or

Buffalo Chicken
Pizza

Italian Combo
Platter

Or

Stuffed Crust Pizza

Bosco Sticks
w/Marinara Sauce

Or

Pizzeria Style Pizza
(Plain or Pepperoni)

Pasta



Or
Pizza

Green Wave Grill

Nachos w/Cheese
Sauce

Rice Bowl



Spicy Chicken Patty
w Whole Grain Bun
Lettuce, Tomato

Totally Tacos w/Salsa
and Sour Cream

Mexican Corn Salad

Teriyaki Grilled
Chicken

Garlic Knot

**The Sandwich
Board**



Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
WW Bread, Ciabatta Roll, Wrap, Flat Bread or Kaiser Roll

**Garden Greens &
More**



Large or Small Chef Salad
Yogurt Fruit & Granola Parfait, Hummus Plate
Weekly Special:
Cobb Salad
Chicken Caesar Wrap



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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