

# 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**

Menu subject to change - This institution is an equal opportunity provider



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

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



Bosco Sticks  
w/Marinara Sauce

Or

Pizzeria Style  
( Plain or Pepperoni)

## 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  
Whole Grain Dinner  
Roll

Or

Garlic French Bread  
Pizza



**Waffle Breakfast  
Sandwich**

Egg + Cheese on  
Whole Grain  
Waffles  
Baked Potato Puffs

Mini Ravioli  
w/Garlic  
Breadstick

Or

Buffalo Chicken  
Pizza



**Black Bean  
Burger w/Salsa +  
Sour Cream**



Baked Spiral  
Fries

Alfredo Pasta

Or

4 X 6 Pizza

Spicy Chicken Patty  
on Whole Grain Bun  
Lettuce, Tomato



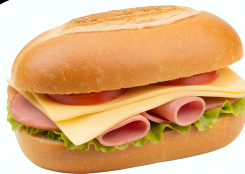
Chicken Parm Panini



Green Wave Grill

The Sandwich  
Board

Garden Greens &  
More



**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





# NEW MILFORD HIGH SCHOOL LUNCH MENU JANUARY 2026

## 1/19-1/23

Monday Tuesday Wednesday Thursday Friday

The Main Menu



No School

**Exams**

**Stations Open**  
Grill



Pizza

Grab & Go

**Exams**

**Stations Open**  
Grill

Pizza

Grab & Go



**Stations Open**  
Grill

Pizza

Grab & Go



Sizzler



Pasta

Or

Pizza

Rodeo Burger

Oven Baked  
Potato Wedges



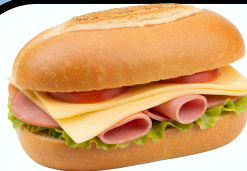
All meals  
come with  
flavored fat  
free milk or  
1% milk and  
our Rainbow  
Fruit and  
Veggie Tray

FREE  
BREAKFAST  
& LUNCH  
Daily

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The Sandwich  
Board



**Boars Head**

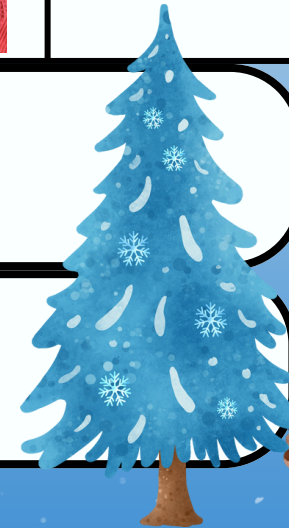
Turkey, Ham, Buffalo Chicken, Italian Combo  
Cheese: American, Provolone, Swiss, Pepperjack

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:  
Southwest salad  
Turkey BLT Wrap



# NEW MILFORD HIGH SCHOOL LUNCH MENU JANUARY 2026

## 1/26-1/30

Monday Tuesday Wednesday Thursday Friday

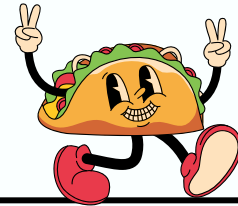
### The Main Menu

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  
ow 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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