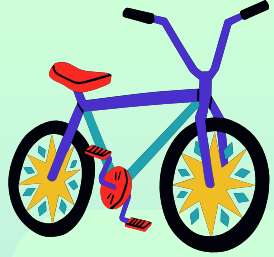


# CARBOHYDRATE COUNTING ELEMENTARY LUNCH MENU

## MAY 2026



Monday      Tuesday      Wednesday      Thursday      Friday

**Alternate Lunch Options Offered Daily:**

**Charcuterie Lunch 33g**

**Whole Wheat Bagel 30g  
or Cereal 21-24g  
Cheese Stick 1g  
Yogurt 19g**

**Yogurt Parfait w/ Homemade Granola 74g**

**Chef Salad w/Flat Bread 28g**

**Sunbutter w/ Jelly on Whole Wheat Bread 52g  
or**

**Sandwich of the Week**

**Week 1:  
Chicken Wrap 47g**

**Week 2:  
Turkey & Cheese on Whole Wheat 26g**

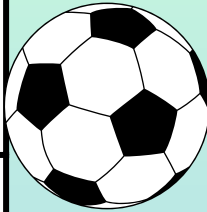
**Week 3:  
Tuna on Whole Wheat 25g**


**Week 4:  
Ham & Cheese on Whole Wheat 26g**

**Week 5:  
Chicken Wrap 47g**

**As of May 1<sup>st</sup>, Breakfast Price: \$1.90 ~ Lunch Price: \$2.85 ~ Milk Price: \$.60**  
To add funding to your student's lunch account and view balances, please visit [MySchoolBucks](https://www.myschoolbucks.org).  
Parents can also send cash or a check (made out to SLAF) into their student's cafeteria to be deposited  
Free + Reduced Meal Applications are being accepted. Please visit our website for detailed information: <https://www.newmilfordps.org/food-nutrition/>

**School Lunch Hero Day - Thank You Lunch Ladies!**  
Pizza 26-35g  
(Plain or Pepperoni)  
Baby Spinach Salad 3g



				
<p>4 Chicken Nuggets 13g Garlic Breadstick 15g  Roasted Cauliflower 3g</p>	<p>5 Corn Tacos 18g Seasoned Beef 4g Cheese, Lettuce, Tomato, Salsa  Refried Beans 24g</p>	<p>6 Penne Pasta 31g w/Meatballs 4g Sauce 4g  Tossed Leafy Green Salad 3g</p>	<p>7 French Toast Sticks 27g Sausage Patties  Oven Baked Potatoes 15g</p>	<p>8 Stuffed Crust Pizza 35g  Caesar Salad 5g</p>
<p>11 Pizza Crunchers 42g  Fresh Green Beans 3g</p>	<p>12 <b>Great Smoothie Slurp</b> Strawberry Smoothie 60g  Hot Pretzel 30g</p>	<p>13 Chicken Tenders 13g Side of Macaroni + Cheese 13g  Roasted Zucchini Squash 3g</p>	<p>14 <b>Early Dismissal</b> Hamburger or Cheeseburger on Whole Grain Bun 27g Baked Fries 15g</p>	<p>15 Pizzeria Style Pizza 29g  Fresh Tossed Salad 3g</p>
<p>18 Bosco Sticks 34g w/Marinara Sauce 4g  Sweet Peas 15g</p>	<p>19 Baked Popcorn Chicken 20g Whole Grain Dinner Roll 16g Edamame 7g</p>	<p>20 Egg &amp; Cheese on Whole Grain Croissant 19g  Oven Baked Potatoes 15g</p>	<p>21 Asian Chicken 19g Brown Rice 35g  Broccoli Florets 3g</p>	<p>22 Personal Pizza 30g (Plain or Pepperoni)  Leafy Green Salad 3g</p>

  
**HAPPY MEMORIAL DAY**  
 No School



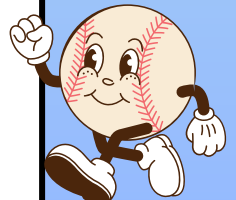
**Splash Into Summer**  
 BBQ Chicken Sandwich 31g  
 Watermelon Waves 6g  
 Rainbow Reef  
 Vegetables w/Dip 5g  
 Johnny Pop 3g

Mini Ravioli 32g  
 w/Marinara Sauce 4g  
  
 Parmesan Broccoli 3g

Macaroni + Cheese 26g  
 Garlic Breadstick 15g  
 Roasted Carrots 3g

Pizza 26-35g  
 Caesar Salad 5g

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



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



## CARBOHYDRATE COUNTING GUIDE



Grams of  
Carbohydrates  
are in Red

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 Black Beans, Garbanzo Beans 20g, 1/2C of Corn, Peas 15g, 1/2C of Red Peppers, Carrots, Celery, Cucumbers 3g

Milk Choices Unflavored 13g, Strawberry 19g, Chocolate 19g

Grams of Carbohydrates in Condiments Packets: Ketchup 3g, Package of Ken's Ranch 2g, Package of Ken's Lite Balsamic 4g, Flavor Fresh Ranch 2g, Flavor Fresh Italian 2g, Salad Fresh Ranch 0g, Salad Fresh Mayonnaise 0g, Flavor Fresh Mustard 0g

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