



# CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU MAY 2026 5/01



Monday Tuesday Wednesday Thursday Friday

## The Main Menu

**As of May 1<sup>st</sup>, Breakfast Price: \$2.25 ~ Lunch Price: \$3.10 ~ Deli ~\$3.60 ~ Milk Price: \$.60**

To add funding to your student's lunch account and view balances, please visit [MySchoolBucks](https://www.newmilfordps.org/food-nutrition/). 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/>

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

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

### School Lunch Hero Day - Thank Your Cafe Staff

French Toast Sticks  
37g  
Syrup 18g  
Sausage Patties

Oven Baked Crinkle Fries 15g

Pasta 25-50g



Or

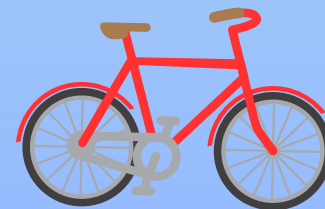
Pizza 26-35g



Hamburger or  
Cheeseburger on  
Whole Grain Bun 27g

Oven Baked Fries 15g

## Green Wave Grill



# CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU MAY 2022

## 5/4-5/8



Monday      Tuesday      Wednesday      Thursday      Friday

### The Main Menu

**Gyro**  
Seasoned Beef  
w/Warm  
FlatBread **28g**  
Tztziki Sauce **2g**

Oven Baked  
Fries **15g**



**Cinco De Mayo**  
Soft Tacos **26g**  
Seasoned Beef **4g**  
Lettuce, Tomato,  
Cheese, Sour  
Cream, Local Farm  
Salsa

Refried Beans **24g**

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

Caesar Salad **5g**



Burrito Bowl **42g**



**Chicken + Waffles**  
Chicken Nuggets  
**13g**  
Warm Waffle **12g**

Roasted Butternut  
Squash **10g**



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

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

Or

Personal Pizza **30g**

Stuffed Shells **9g**  
Marinara Sauce **4g**  
Whole Grain Dinner  
Roll **16g**

Or

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

**Pasta Bar**  
Pasta **41g**  
Tomato **13g**,  
Meat **13g**  
or Alfredo Sauce **8g**  
Garlic Breadstick **16g**  
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 **29-35g**

### Green Wave Grill

Nachos  
w/Cheese Sauce  
**34g**  
+ Salsa



Warm Asian Wrap  
**58g**



Spicy Chicken  
Patty **9g**  
on WG Bun **27g**  
Lettuce /Tomato

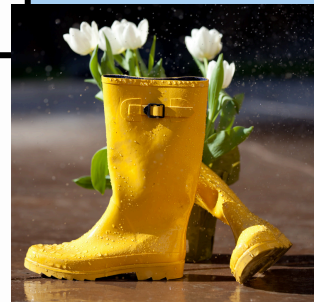


**Rodeo Burger**  
Hamburger,  
Cheese  
Onion Ring **6g**  
Whole Grain Bun  
**27g**

Oven Baked Fries  
**15g**

**Chicken Club**  
Sandwich **27g**  
w/Lettuce, Tomato,  
Cheese, Bacon,  
Ranch **2g** or Chipotle  
Dressing **7g**

Smile Fries **20g**



# CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU MAY 2026

## 5/11-5/15



Monday Tuesday Wednesday Thursday Friday

### The Main Menu

Asian Chicken  
23g  
Brown Rice 35g

Steamed  
Edamame 7g



Breakfast Burrito  
43g

Fresh Strawberries  
6g + Cream 2g

Cheese Quesadilla  
38g  
w/Salsa, Sour  
Cream

Corn + Black Bean  
Salad 15g

**Early Dismissal**  
Chicken Tenders  
13g  
Garlic Breadstick  
15g

Buffalo Cauliflower  
3g



**Mashed Potato  
Bowl**  
Popcorn Chicken  
20g  
Mashed Potatoes  
17g  
Corn 15g  
w/Whole  
Grain Dinner Roll  
15g



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

Macaroni + Cheese  
26g  
w/Whole Grain  
Dinner Roll 16g

Or

Garlic French  
Bread 33g



Smoothie 60g  
w/Hot Pretzel 30g

Or



Buffalo Chicken Pizza  
26g

Meatball Grinder  
34g

Or

4X6 Pizza 30g

**Early Dismissal**  
Bosco Sticks 34g  
w/Marinara Sauce  
Or

Pizzeria Style Pizza  
29g  
(Plain or Pepperoni)

Pasta 26-34g

Or

Pizza 26-33g



### Green Wave Grill

Hamburger or  
Cheeseburger  
Whole Grain Bun  
27g

Oven Baked  
Potato Puffs 15g

BBQ or Terriyaki  
Grilled Chicken 4g

Whole Grain  
Cinnamon Roll 34g



Spicy Chicken Patty  
9g  
Whole Grain Bun 27g  
Lettuce/Tomato



**Early Dismissal**  
Black Bean Burger  
25g  
Whole Grain Bun  
27g

Baked Spiral Fries  
15g

Rice Bowl 42g





# CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU MAY 2026 5/18-5/22



Monday

Tuesday

Wednesday

Thursday

Friday

## The Main Menu

**Chicken Dippin Sandwich**  
Chicken Patty **13g**  
Whole Grain Bun **27g**  
Dipping Sauce **6g**  
  
Fresh Green Beans **3g**



Walking Taco **34g**

Pizza Boli **35g**  
  
Caesar Salad **5g**



Sizzler **31g**

Baked Mozzarella Sticks **33g**  
w/Marinara Sauce **4g**  
  
Parmesan Broccoli **3g**

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



Macaroni + Cheese "Bar" **26g**  
w/WG Dinner Roll **16g**  
  
Or  
  
Stuffed Crust Pizza **35g**

Chicken Parm **13g**  
w/Side of Pasta **25g**  
  
Or  
  
Personal Style Pizza **30g**  
(Plain or Pepperoni)

Mini Ravioli **32g**  
w/Marinara Sauce **4g**  
w/Garlic Breadstick **15g**  
  
Or  
  
French Bread Pizza **33g**



Bosco Sticks **34g**  
w/Marinara Sauce **4g**  
  
Or  
  
Buffalo Chicken Pizza **26g**

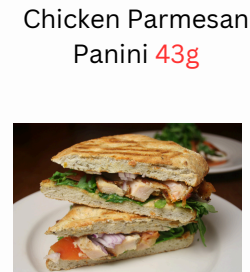
Pasta **26-38g**  
  
Or  
  
Pizza **26-35g**

## Green Wave Grill

Egg, Cheese + Hashbrown **15g**  
on Whole Grain Croissant **29g**  
  
Baked Smile Fries **20g**

Cheeseburger Painini **38g**  
  
Oven Baked Potatoes **15g**

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



Chicken Parmesan Panini **43g**

Bacon Cheeseburger Whole Grain Bun **27g**  
  
Oven Baked Fries **15g**



**CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU MAY 2026**  
**5/25-5/29**



Monday      Tuesday      Wednesday      Thursday      Friday

**The Main Menu**



**No School**

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



**Green Wave Grill**

**Splash Into Summer**  
 BBQ Pulled Chicken Sandwich **31g**  
 Pasta Salad **21g**  
 Watermelon **6g**  
 Johnny Pop **3g**



Pasta **41g**  
 w/Meatballs **5g**  
 Sauce **9g**

Or  
 Personal Style Pizza **29g**  
 (Plain or Pepperoni)



Grilled Cheese **25g**  
 Cup of Soup **10g**

Nacho Bar w/Queso or Cheddar Cheese **34g**  
 Sauce + Toppings  
 Refined Beans **24g**



Smoothie **60g**  
 w/Hot Pretzel **30g**

Or  
 Personal Pizza **30g**



Spicy Chicken Patty **9g**  
 on Whole Grain Bun **27g**  
 Lettuce/Tomato

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

Whole Grain Dinner Roll **16g**

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

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



Hamburger or Cheeseburger on Whole Grain Bun **27g**  
 Oven Baked Potatoes **15g**

Asian Chicken **23g**  
 Brown Rice **35g**  
 Broccoli Florets **3g**



Pasta **34g-55g**

or  
 Pizza **29-30g**

Hot Dog **2g**  
 on Whole Grain Bun **25g**

Oven Baked Potatoes **15g**



# CARBOHYDRATE COUNTING GUIDE



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**

Grams of Carbohydrates are in Red



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**, FlatBread **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**

Chicken Caesar Salad **38g**

