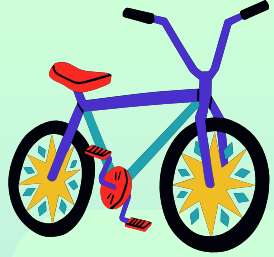


CARBOHYDRATE COUNTING SARAH NOBLE LUNCH MENU

MAY 2026



Monday Tuesday Wednesday Thursday Friday

Alternate Lunch Options Offered Daily:

Charcuterie Lunch **33g**
 Whole Wheat Bagel **30g**
 or Cereal **21-24g**
 Low Fat Yogurt **19g**
 Cheese Stick **1g**

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

Chef Salad w/Crackers **31g**

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

Deli Bar

Choices

Ham, Turkey **2g**
 Tuna

Salami/Pepperoni **1g**
 American, Provolone or
 Pepper Jack Cheese **1g**

Whole Wheat **25g**
 10 Inch Wrap **34g**
 Kaiser Roll **27g**
 Ciabatta Roll **30g**

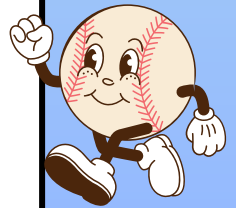
As of May 1st, Breakfast Price: \$1.90 ~ Lunch Price: \$2.85 ~ Milk Price: \$.60
 To add funding to your student's lunch account and view balances, please visit [MySchoolBucks](https://www.myschoolbucks.org).
 Parents can also send cash or a check (made out to SLAF) into their student's cafeteria to 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**

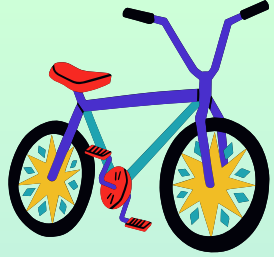


 4 Chicken Nuggets 13g Garlic Breadstick 15g Roasted Cauliflower 3g 	5 Corn Tacos 18g Seasoned Beef 4g Cheese, Lettuce, Tomato, Salsa Refried Beans 24g	6 Penne Pasta 31g w/Meatballs 4g Sauce 4g Tossed Leafy Green Salad 3g	7 French Toast Sticks 27g Sausage Patties Oven Baked Potatoes 15g 	8 Stuffed Crust Pizza 35g Caesar Salad 5g
11 Pizza Crunchers 42g Fresh Green Beans 3g 	12 Great Smoothie Slurp Strawberry Smoothie 60g Hot Pretzel 30g 	13 Chicken Tenders 13g Side of Macaroni + Cheese 13g Roasted Zucchini Squash 3g	14 Early Dismissal Hamburger or Cheeseburger on Whole Grain Bun 27g Baked Fries 15g	15 Pizzeria Style Pizza 29g Fresh Tossed Salad 3g
18 Bosco Sticks 34g w/Marinara Sauce 4g Sweet Peas 15g 	19 Baked Popcorn Chicken 20g Whole Grain Dinner Roll 16g Edamame 7g 	20 Egg & Cheese on Whole Grain Croissant 19g Oven Baked Potatoes 15g	21 Asian Chicken 19g Brown Rice 35g Broccoli Florets 3g	22 Personal Pizza 30g (Plain or Pepperoni) Leafy Green Salad 3g
25 HAPPY MEMORIAL DAY No School 	26 Splash Into Summer BBQ Chicken Sandwich 31g Watermelon Waves 6g Rainbow Reef Vegetables w/Dip 5g Johnny Pop 3g	27 Mini Ravioli 32g w/Marinara Sauce 4g Parmesan Broccoli 3g	28 Macaroni + Cheese 26g Garlic Breadstick 15g Roasted Carrots 3g	29 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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