

# CARBOHYDRATE COUNTING ELEMENTARY LUNCH MENU JUNE 2026

June is National Dairy Month and all meals come with fat free or 1% milk and our Rainbow Fruit & Veggie Tray



## Monday Tuesday Wednesday Thursday Friday

### Alternate Lunch Options Offered Daily:

**Charcuterie Lunch 33g**

**Whole Wheat Bagel 30g or Cereal 21-24g 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**

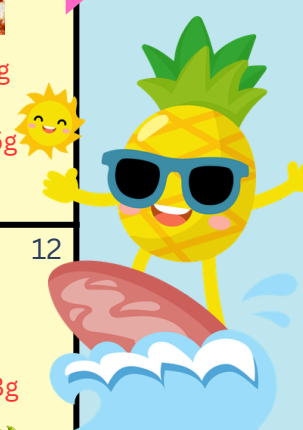
**Week 1: Turkey & Cheese on Whole Wheat 26g**

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

**Week 3: Assorted Sandwiches on Whole Wheat 26-47g**



<p>1 Baked Mozzarella Sticks 33g w/Marinara Sauce 4g Tossed Salad 3g </p>	<p>2 <b>Birthday Celebrations for All Birthdays in 25/26</b> Chicken Patty 13g Whole Grain Bun 27g Roasted Zucchini 3g Strawberry Chocolate Shortcake 24g </p>	<p>3 Cheese Quesadilla 38g w/Salsa Refried Beans 24g </p>	<p>4 Breakfast for Lunch French Toast 37g or Confetti Pancakes 36g or 2 Waffles 24g Syrup 18g Sausage Patties Oven Potatoes 15g</p>	<p> Pizza Bagel 35g Caesar Salad 5g </p>
<p>8 Egg + Cheese on Whole Grain Croissant 29g Oven Potatoes 15g</p>	<p>9 Chicken Nachos 19g w/Salsa, Cheese  Golden Corn 15g</p>	<p>10 Hot Dog 2g Whole Grain Bun 25g  Baked Beans 29g</p>	<p>11 Chicken Selection (Nuggets 13g or Tenders 13g or Popcorn 20g) Whole Grain Dinner Roll 16g Broccoli 3g</p>	<p>12 Stuffed Crust Pizza 35g Tossed Salad 3g </p>
<p>15 Hamburger or Cheeseburger on Whole Grain Bun 27g  Vegetables 3g w/Dip</p>	<p>16 Bosco Sticks 34g w/Marinara Sauce 4g Roasted Summer Squash 3g</p>	<p>17 Grilled Cheese on Whole Grain Bread 27g Smile Potatoes 20g </p>	<p>18 Macaroni + Cheese 26g Sweet Peas 15g </p>	<p>19 Pizza 26-35g Rainbow Vegetables 3g </p>



**Breakfast Price: \$1.90 ~ Lunch Price: \$2.85 ~ Milk Price: \$.60**

**Please visit our website on how to add money to a student's account or Free/Reduced Meal Applications for detailed information:**  
<https://www.newmilfordps.org/food-nutrition/>



**SUMMER NUTRITION PROGRAMS FOR KIDS**

Find a Summer Meal Program Here:

<https://www.fns.usda.gov/summer/sitefinder>

The U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFS) helps fill the hunger gap by providing nutritious meals and snacks for children ages 18 and younger.

## 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

