

CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU JUNE 2026

6/1-6/5

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



Breakfast is \$2.25
Lunch is \$3.10
Deli is \$3.60
Please visit our website on how to add money to a student's account or Free/Reduced Meal Applications for detailed information:
<https://www.newmilkordps.org/food-nutrition/>



Monday Tuesday Wednesday Thursday Friday

<p>Chicken Dippin Sandwich Chicken Patty 13g Whole Grain Bun 27g Dippin Sauce 6g w/ Dippin Sauce Edamame 7g</p> 	<p>Pizza Crunchers 42g Caesar Salad 5g</p> 	<p>Breakfast For Lunch French Toast Sticks 49g Breakfast Burrito 43g 2 Waffles 24g Syrup 18g Sausage Patties</p>  <p>Oven Potatoes 15g</p>	<p>Cheese Quesadilla 38g w/Salsa + Sour Cream Corn + Black Bean Salad 15g</p>	<p>Burrito Bowl 42g</p> 
<p>Mini Ravioli 32g w/Marinara Sauce 4g Garlic Breadstick 15g or Personal Pizza 30g</p>	<p>Lasagna 29g Garlic Breadstick 15g or Pizzeria Pizza 29g</p>	<p>Pasta w/Meatballs 53g or Stuffed Crust Pizza 35g</p>	<p>Stuffed Shells 9g Marinara Sauce 4g w/Garlic Breadstick 15g or Pizzeria Style Pizza 29g</p>	<p>Pasta 13-54g or Pizza 29-35g</p> 
<p>Hamburger or Cheeseburger on Whole Grain Bun 27g Oven Fries 15g</p>	<p>Asian Wrap 58g</p> 	<p>Spicy Chicken Patty 9g Whole Grain Bun 27g Lettuce/Tomato</p> 	<p>Black Bean Burger 25g Whole Grain Bun 27g w/Salsa, Sour Cream Oven Baked Fries 15g</p>	<p>Grilled BBQ Chicken 4g Buttermilk Biscuit 30g</p> 



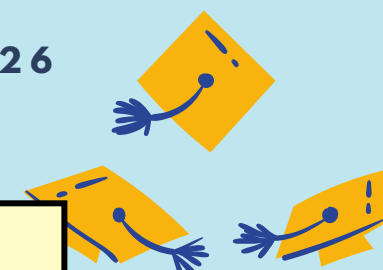
The Main Menu

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill

CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU JUNE 2026

6/8-6/12




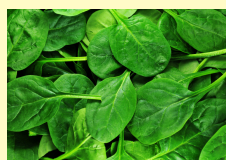





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The Main Menu

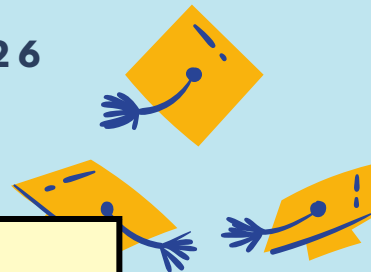
Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill

	Monday	Tuesday	Wednesday	Thursday	Friday
	Soft Tacos 26g Seasoned Beef 4g Lettuce/Salsa/Cheese  Refried Beans 24g	Assorted Chicken (Nuggets 13g or Tenders 13g or Popcorn 20g) Whole Grain Garlic Breadstick 15g Roasted Summer Squash 3g	Baked Mozzarella Sticks 33g w/Marinara Sauce 4g Spinach Salad 3g 	Asian Chicken 23g Brown Rice 35g Broccoli Florets 3g 	Sizzler 34g 
	Macaroni + Cheese 26g Whole Grain Dinner Roll 16g or Pizza 26-35g	 Pasta w/Meatballs 53g or Pizza 26-35g	Mini Ravioli 32g w/Marinara Sauce 4g Whole Wheat Roll 16g or Pizza 26-35g	Lasagna 29g Garlic Breadstick 15g or Pizza 26-35g	Pasta 26-53g or Pizza 26-35g 
	Chicken Club Sandwich 27g Lettuce, Tomato, Cheese, Bacon, Ranch 2g or Chipotle 7g Oven Fries 15g	Egg + Cheese on Whole Grain Croissant 29g Baked Potato Puffs 15g	Spicy Chicken Patty 9g on Whole Grain Bun 27g Lettuce/Tomato	Grilled Cheese 27g 	Grill Selection 27-36g

CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU JUNE 2026
6/15-6/19

Monday Tuesday Wednesday Thursday Friday



The Main Menu

Exams

Bosco Sticks

34g

Marinara Sauce 4g

Pizza 26-35g

Grab + Go Sandwiches
 (Carbohydrate Guide)



Exams

Black Bean Burger 25g
 Whole Grain Bun 27g
 w/Salsa + Sour Cream

Pizza 26-35g

Grab + Go Sandwiches
 (Carbohydrate Guide)

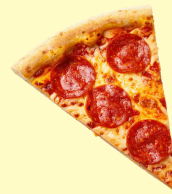


Exams

Cheeseburger Panini 38g

Pizza
 26-35g

Grab + Go Sandwiches
 (Carbohydrate Guide)



Exams

Egg + Cheese Breakfast Sandwich
 (25-29g)
 w/Oven Potatoes

Pizza 26-35g


Grab + Go Sandwiches
 (Carbohydrate Guide)



Make Up Exams

Grab + Go
 (Carbohydrate Guide)



SUN 

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 (SFSP) 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

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**

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**



Summer
Time