

CARBOHYDRATE COUNTING SARAH NOBLE 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

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

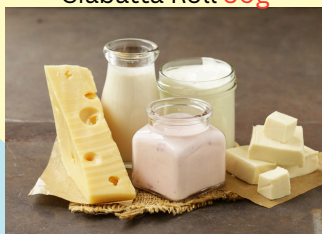
American, Provolone or Pepper Jack Cheese 1g

Whole Wheat 25g

10 Inch Wrap 34g

Kaiser Roll 27g

Ciabatta Roll 30g



1
Baked Mozzarella Sticks 33g
w/Marinara Sauce 4g
Tossed Salad 3g



8
Egg + Cheese on Whole Grain Croissant 29g
Oven Potatoes 15g

15
Hamburger or Cheeseburger on Whole Grain Bun 27g
Vegetables 3g w/Dip

2
Birthday Celebrations for All Birthdays in 25/26
Chicken Patty 13g
Whole Grain Bun 27g
Roasted Zucchini 3g
Strawberry Chocolate Shortcake 24g

9
Chicken Nachos 19g w/Salsa, Cheese
Golden Corn 15g

16
Bosco Sticks 34g w/Marinara Sauce 4g
Roasted Summer Squash 3g

3
Cheese Quesadilla 38g w/Salsa
Refried Beans 24g



10
Meatball Grinder 34g
Tossed Salad 3g

17
Grilled Cheese on Whole Grain Bread 27g
Tomato Soup 10g

4
Breakfast for Lunch
French Toast 37g or Confetti Pancakes 36g or
2 Waffles 24g Syrup 18g
Sausage Patties
Oven Potatoes 15g

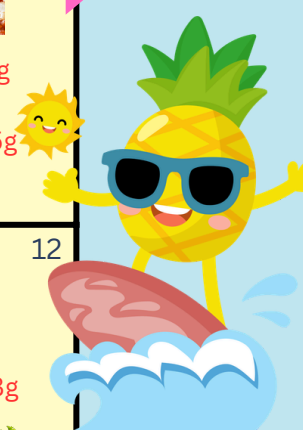
11
Chicken Selection (Nuggets 13g or Tenders 13g or Popcorn 20g)
Whole Grain Dinner Roll
Broccoli 3g

18
Macaroni + Cheese 26g
Sweet Peas 15g

5
Pizza Bagel 35g
Caesar Salad 5g

12
Stuffed Crust Pizza 35g
Tossed Salad 3g

19
Pizza 26-35g
Rainbow Vegetables 3g



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

