



CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU OCTOBER 2026



Monday

Tuesday

10/01-10/02
Wednesday

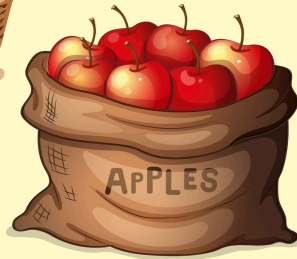
Thursday

Friday

The Main Menu

Pasta of the Day
& Pizza Oven
w/Salad

Green Wave Grill



Breakfast is
free for all
students



Asian Chicken **23g**
Brown Rice **35g**



Broccoli **3g**

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

Roasted Butternut
Squash **10g**

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

Pizzeria Style Pizza
29g
(Plain or
Pepperoni)

Pasta **26-34g**



or

Pizza **29-35g**



Rodeo Burger
Hamburger or
Cheeseburger
Onion Ring **6g**
on Whole Grain
Bun **28g**

Baked Crinkle Fries
15g

Ham + Cheese
Panini **28g**
w/or w/o Black
Olives and
Roasted Red
Peppers

Vegetarian
Available

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

Lunch Meal Prices
Reduced: \$0.00
Full Pay: \$3.10
DELI + SPECIALTY :
\$3.60



CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU OCTOBER 2026

CT GROWN FOR CT KIDS WEEK

10/05-10/06



Monday

Tuesday

Wednesday

Thursday

Friday

LOCAL Scotts Jamaican Beef Patty 46g (Hartford) Spiral Fries 15g Local Rogers Orchards Apples, Pears 15-25g & Apple Cider 15g	Chicken Fajitas Wraps 26g w/Onions + Peppers Shredded Cheese Sour Cream LOCAL Refried Beans 24g Rogers Orchards Apples & Pears 15-25g	LOCAL Nachos Pan De Oro Tortilla Chips 30g From Hartford Hot Honey Beef 16g + Queso Locally Roasted Carrots 3g (Vibrant Farms) Local Rogers Orchards Apples, Pears 15-25g & Apple Cider 15g	LOCAL Gyro w/Tzatziki Sauce Seasoned Beef w/Warm Flat Bread 28g Roasted Delicata Squash 10g (Desantis Farm) Local Rogers Orchards Apples & Pears 15-25g	LOCAL Brian's Fabulous Fry Bread 26g (Torrington) w/ or w/o Local Marinara Sauce (Desantis Farm) Caesar Salad 8g Local Rogers Orchards Apples, Pears 15-25g & Apple Cider 15g
Macaroni + Cheese 26g w/Whole Grain Dinner Roll 15g or Garlic French Bread Pizza 33g	Meatball Sliders 36g  or Buffalo Chicken Pizza 26g	Lasagna 29g Garlic Breadstick 15g or Personal Pizza 30g	Bosco Sticks 34g w/Marinara Sauce 4g or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Pasta 26-26g or Pizza 26-33g
Chicken Parmesan Panini 43g 	Asian Wrap 58g 	Spicy Chicken Patty 15g On Whole Grain Bun 28g Lettuce + Tomato	Hashbrown 15g Egg + Cheese on Whole Grain Croissant 29g  Baked Potato Puffs 15g	Chicken Club Sandwich 30g w/Bacon,Cheese, Lettuce, Tomato Ranch 2g or Chipotle Dressing 7g

The Main Menu

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill

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

Lunch Meal Prices
Reduced: \$0.00
Full Pay: \$3.10
DELI + SPECIALTY : \$3.60

Breakfast is Free for all students





CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU OCTOBER 2026



Monday Tuesday Wednesday 10/12-10/16 Thursday Friday

The Main Menu

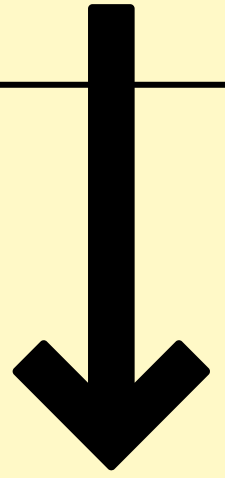
Pasta of the Day
& Pizza Oven
w/Salad

Green Wave Grill



HAPPY COLUMBUS DAY

No School



Sizzler 34g



Taco Bowl 32g

Early Dismissal
French Toast Sticks 37g
Sausage Patties

Smile Fries 20g

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



Whole Grain Dinner Roll 15g

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

Smoothie 60g
w/Hot Pretzel 30g

Or

Pizzeria Style Pizza 29g
(Plain or Pepperoni)

Pasta w/Meatballs
Penne Pasta 41g
Marinara Sauce 4g
Meatballs 4g



Or

Stuffed Crust Pizza 35g

Early Dismissal
Bosco Sticks 34g
w/Marinara Sauce 4g
Or

Pizzeria Style Pizza 29g
(Plain or Pepperoni)



Pasta 31-48g

or

Pizza 29-35g

Lunch Meal Prices
Reduced: \$0.00
Full Pay: \$3.10
DELI + SPECIALTY : \$3.60

Breakfast is Free for all students

Hamburger or Cheeseburger on Whole Grain Bun 26g

Baked Spiral Fries 15g

Spicy Chicken Patty 15g
on Whole Grain Bun 28g
Lettuce + Tomato

NEW **Early Dismissal**
Nachos w/Buffalo Chicken Dip 30g



Hot Dog 2g
on Whole Grain Bun 28g

Baked Sweet Potato Fries 15g





CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU OCTOBER 2026

10/19-10/23



Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill

Baked Chicken Tenders 13g Texas Toast 14g Buffalo Cauliflower 3g	Walking Taco 34g 	Baked Mozzarella Sticks 33g w/Marinara Sauce 4g Parmesan Broccoli 3g	Cheese Quesadilla 39g w/Salsa, Sour Cream NEW Tex Mex Bean Salad 15g	Breakfast Burrito 43g Fiesta Beans 22g 
Macaroni + Cheese 26g Whole Grain Dinner Roll 15g  Or 4 X 6 Pizza 30g	Chicken Parmesan 13g w/Side of Pasta 25g Or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Mini Cheese Ravioli 32g w/Marinara Sauce 4g Garlic Breadstick 15g Or French Bread Pizza 33g	Bosco Sticks 34g w/ Marinara Sauce 4g Or Buffalo Chicken Pizza 26g	Pasta 13-34g Or Pizza 26-33g
Steak + Cheese 4g on Whole Grain Kaiser Roll 30g w/ or w/o Onions + Peppers Baked Oven Fries 15g	Bacon American Burger on Whole Grain Bun 28g Smile Potatoes 20g	Spicy Chicken Patty 15g on Whole Grain Bun 28g Lettuce + Tomato 	Rice Bowl 42g 	Hamburger or Cheeseburger on Whole Grain Bun 28g Baked Potato Puffs 15g

Lunch Meal Prices
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 DELI + SPECIALTY : \$3.60

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

Breakfast is Free for all students



CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU OCTOBER 2026

10/26-10/30

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill

Chicken Dippin Sandwich
Chicken Patty **13g**
Whole Grain Bun **28g**
Chicken Dippin Sauce **6g**

Roasted Zucchini **3g**

Burrito Bowl **42g**



Macaroni + Cheese **26g**
Whole Grain Dinner Roll **15g**

Or

Stuffed Crust Pizza **35g**

Pasta w/Meatballs
Penne Pasta **41g**
Marinara Sauce **9g**
Meatballs **4g**

Or

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

Mini Maple Waffles **37g**
Sausage Patties

Baked Potato Puffs **15g**

Stuffed Shells **9g**
Garlic Breadstick **15g**

Or

Personal Pizza **30g**

Spicy Chicken Patty on Whole Grain Bun
Lettuce + Tomato



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

Whole Grain w/Garlic Breadstick **15g**

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

Or

Buffalo Chicken Pizza **26g**

Chicken Club Sandwich
Bacon, Cheese, Lettuce, Tomato Ranch or Chipotle

Oven Baked Sweet Potato Fries

Happy Halloween
Pizza Crunchers **42g**
Kale Salad **3g**

Treat or Treat
Mini Rice Krispies Treat **8g**

Pasta

Or

Pizza

Waffle Sandwich
Hashbrown, Egg + Cheese on Waffles

Baked Smile Fries

Baked Spiral Fries

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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 **18g**, Chocolate **18g**

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 **24g**, Ciabatta Roll **30g**, Wrap **28g**, 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 **36g**
Chicken Caesar Wrap **32g**
Antipasto Pinwheels **28g**
Kickin Chicken Wrap **40g**
Turkey BLT Wrap **35g**
Weekly Salad Specials:
Spinach Salad **38g**
Asian Salad **50g**
Chicken Caesar Salad **38g**
Mediterranean Shaker Salad **57g**
Chicken Caesar Salad **38g**

