



HIGH SCHOOL LUNCH MENU OCTOBER 2026

10/01-10/02



Monday Tuesday Wednesday Thursday Friday

The Main Menu

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

Breakfast is free for
all students in CT

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill

The Sandwich Board

Garden Greens & More



**Look for all the locally grown and sourced products
on the menu the second week of October**

Asian Chicken
Brown Rice



Broccoli

Chicken & Waffles
Chicken Nuggets
Warm Waffle

Roasted
Butternut Squash

Bosco Sticks
w/Marinara Sauce
Or

Pizzeria Style Pizza
(Plain or
Pepperoni)

Pasta or Pizza



Rodeo Burger on
Whole Grain Bun

Baked Crinkle Fries

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

Vegetarian
Available

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

Breakfast
is free for
all
students



Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
WW Bread, Ciabatta Roll, Wrap, Flat Bread or Kaiser Roll



Large or Small Chef Salad
Yogurt Fruit & Granola Parfait
Hummus Plate
Chicken Caesar Salad
Antipasto Wrap



NEW MILFORD HIGH SCHOOL LUNCH MENU SEPTEMBER 2026 CT GROWN FOR CT KIDS WEEK

10/05-10/9



Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

LOCAL
Scotts Jamaican Beef
Patty From Hartford

Spiral Fries

Roger's Orchards
Apples, Pears & Apple
Cider

Chicken Fajitas
w/Onions + Peppers
Shredded Cheese,
Sour Cream

LOCAL
Refried Beans

Roger's Orchards
Apples & Pears

Nachos
Pan De Oro Tortilla
Chips from Hartford
Hot Honey Beef +
Queso
Roasted Carrots

Roger's Orchards
Apples, Pears & Apple
Cider

Gyro w/Tatziki Sauce

LOCAL
Roasted Delicata
Squash



Roger's Orchards
Apples & Pears

LOCAL
CT Fair Bread w/ or
w/o Local Marinara
Sauce
Shredded Cheese

Caesar Salad

Roger's Orchards
Apples, Pears & Cider



Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese
w/Whole Grain Dinner
Roll

Or

Garlic French Bread

Meatball Sliders

Or

Buffalo Chicken Pizza

Lasagna
w/Garlic Breadstick

Or

Personal Pizza

Bosco Sticks
w/Marinara Sauce
Or

Pizzeria Style Pizza
(Plain or Pepperoni)

Pasta or Pizza

Green Wave Grill

Chicken Parmesan
Panini

Asian Wrap

Spicy Chicken Patty
on
Whole Grain Bun
Lettuce + Tomato

Hashbrown Egg +
Cheese on Whole
Grain Croissant

Baked Potato Puffs

Chicken Club
Sandwich
w/Bacon, Cheese,
Lettuce, Tomato
Ranch or Chipolte
Dressing

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

The Sandwich Board

Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
WW Bread, Ciabatta Roll, Wrap, Flat Bread or Kaiser Roll

Garden Greens & More



Large or Small Chef Salad
Pumpkin Pie Spice Parfait
Hummus Plate
Quinoa Bowl
Kitchen Chicken Wrap

Sample Day in
Cafeteria on
10/9
Featuring Local
Apples w/Honey



NEW MILFORD HIGH SCHOOL LUNCH MENU OCTOBER 2026
10/12-10/16



Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu



No School

Sizzler



Taco Bowl

Early Dismissal
French Taost
Sticks
Sausage Patties

Smile Fries

Mashed Potato
Bowl

Whole Grain
Dinner Roll

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

Pasta of the Day
& Pizza Oven
w/Salad

Smoothie w/Hot
Pretzel

Or

Pizzeria Style Pizza
(Plain or
Pepperoni)

Pasta w/Meatballs

Or
Stuffed Crust Pizza

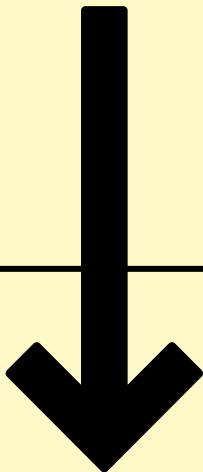
Early Dismissal
Bosco Sticks
w/Marinara Sauce
Or
Pizzeria Style Pizza
(Plain or
Pepperoni)



Pasta or Pizza

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

Green Wave Grill



Hamburger or
Cheeseburger on
Whole Grain Bun

Baked Spiral Fries

Spicy Chicken
Patty on
Whole Grain Bun
Lettuce + Tomato



Early Dismissal
Nachos w/Buffalo
Chicken Dip

Hot Dog
on Whole Grain Bun

Baked Sweet
Potato Fries

The Sandwich
Board



Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
WW Bread, Ciabatta Roll, Wrap, Flat Bread or Kaiser Roll

Breakfast
is free for
all
students

Garden Greens &
More



Large or Small Chef Salad
Pumpkin Pie Spice Parfait,
Hummus Plate
Harvest Salad
Chicken Caesar Wrap



NEW MILFORD HIGH SCHOOL LUNCH MENU OCTOBER 2026

10/19-10/23



Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Baked Chicken
Tenders
Texas Toast

Buffalo Cauliflower

Walking Taco



Baked Mozzarella
Sticks w/Marinara
Sauce

Parmesan Broccoli

Cheese Quesadilla
w/Salsa, Sour
Cream

Tex Mex Bean
Salad

Breakfast Burrito

Fiesta Beans



Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese
Whole Grain Dinner
Roll



Or

4 X 6 Pizza

Chicken Parmesan
w/Side of Pasta

Or

Pizzeria Style Pizza
(Plain or Pepperoni)

Mini Cheese Ravioli
w/Marinara Sauce
Garlic Breadstick

Or

French Bread Pizza

Bosco Sticks w/
Marinara Sauce

Or

Buffalo Chicken
Pizza

Pasta

Or

Pizza



Green Wave Grill

Steak + Cheese on
Whole Grain Kaiser
Roll w/ or w/o
Onions + Peppers

Baked Oven Fries

Bacon American
Burger on Whole
Grain Bun

Smile Potatoes

Spicy Chicken
Patty on
Whole Grain Bun
Lettuce + Tomato



Rice Bowl



Hamburger or
Cheeseburger on
Whole Grain Bun

Baked Potato
Puffs

The Sandwich Board



Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
WW Bread, Ciabatta Roll, Wrap, Flat Bread or Kaiser Roll

Garden Greens & More

Large or Small Chef Salad
Yogurt Fruit & Granola Parfait
Hummus Plate
Chicken Caesar Salad
Southwest Wrap

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

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Full Pay: \$3.10
DELI + SPECIALTY :
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is free for
all
students

NEW MILFORD HIGH SCHOOL LUNCH MENU OCTOBER 2026

10/26-10/30



The Main Menu

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill

The Sandwich Board

Garden Greens & More

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Dippin Sandwich Roasted Zucchini	Burrito Bowl 	Mini Maple Waffles Sausage Patties Baked Potato Puffs	Mashed Potato Bowl Whole Grain w/Garlic Breadstick 	Pizza Crunchers Kale Salad Treat or Treat
Macaroni + Cheese Whole Grain Dinner Roll Or Stuffed Crust	Pasta w/Meatballs  Or Pizzeria Style Pizza (Plain or Pepperoni)	Stuffed Shells Or Personal Pizza	Bosco Sticks w/ Marinara Sauce Or Buffalo Chicken	Pasta Or Pizza
Southwest Black Bean Burger on Whole Grain Bun Salsa, Sour Cream, Sliced Jalapenos Baked Spiral Fries	Grilled Cheese w/American or Jalapeno Cheese Tomato Soup	Spicy Chicken Patty on Whole Grain Bun Lettuce + Tomato 	Chicken Club Sandwich Bacon, Cheese, Lettuce, Tomato Ranch or Chipotle Oven Baked Sweet Potato Fries	Waffle Sandwich Hasbrown, Egg + Cheese on Waffles Baked Smile Fries
 Boars Head Turkey, Ham, Buffalo Chicken, Italian Combo Cheese: American, Provolone, Swiss, Pepperjack Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives WW Bread, Ciabatta Roll, Wrap, Flat Bread or Kaiser Roll				
Large or Small Chef Salad Yogurt Fruit & Granola Parfait Hummus Plate Asian Chicken Salad Turkey BLT Wrap 				

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