CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU OCTOBER 2026

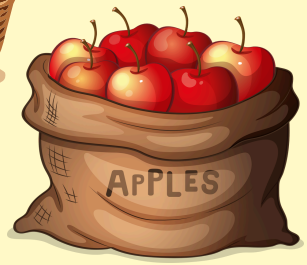
10/01-10/02

CONNECTICUT GROWN — A Way of Life

The Main Menu

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill

Monday	Tuesday	Wednesday	Thursday	Friday
		**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

CT GROWN FOR CT KIDS WEEK

CT DEPARTMENT OF AGRICULTURE | CONNECTICUT Education

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

Menu subject to change - This institution is an equal opportunity provider

CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU OCTOBER 2026

CT GROWN FOR CT KIDS WEEK

10/05-10/06

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	LOCAL Scotts Jamaican Beef Patty 46g (Hartford) Spiral Fries 15g Local Rogers Orchards Apples, Pears 15-25g & Apple Cider 15g	LOCAL Chicken Fajitas Wraps 26g w/Onions + Peppers Shredded Cheese Sour Cream 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
Pasta of the Day & Pizza Oven w/Salad	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
Green Wave Grill	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

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CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU OCTOBER 2026

10/12-10/16

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	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
Pasta of the Day & Pizza Oven w/Salad		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
Green Wave Grill		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

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CARBOHYDRATE COUNTING HIGH SCHOOL LUNCH MENU OCTOBER 2026

10/19-10/23

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	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 Tex Mex Bean Salad 15g	NEW Breakfast Burrito 43g Fiesta Beans 22g
Pasta of the Day & Pizza Oven w/Salad	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
Green Wave Grill	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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CARBOHYDRATE COUNTINGHIGH SCHOOL LUNCH MENU OCTOBER 2026

10/26-10/30

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Menu	Chicken Dippin Sandwich Chicken Patty 13g Whole Grain Bun 28g Chicken Dippin Sauce 6g Roasted Zucchini 3g	Burrito Bowl 42g 	Mini Maple Waffles 37g Sausage Patties Baked Potato Puffs 15g	**Mashed Potato Bowl** Popcorn Chicken 20g Mashed Potatoes 17g Corn 15g Whole Grain w/Garlic Breadstick 15g	**Happy Halloween** Pizza Crunchers 42g Kale Salad 3g **Treat or Treat** Mini Rice Krispies Treat 8g
Pasta of the Day & Pizza Oven w/Salad	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)	Stuffed Shells 9g Garlic Breadstick 15g Or Personal Pizza 30g	Bosco Sticks 34g w/ Marinara Sauce 4g Or Buffalo Chicken Pizza 26g	Pasta Or Pizza
Green Wave Grill	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 Poato Fries	**Waffle Sandwich** Hashbrown, Egg + Cheese on Waffles Baked Smile 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, Wrap 28g, FlatBread 28g, Kaiser Roll 44g

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