

Breakfast

NATIONAL SCHOOL BREAKFAST WEEK
(MARCH 3-7). GIVE THE SCHOOL
BREAKFAST A TRY & BREAKFAST IS FREE
FOR 2024/2025 SCHOOL CALENDAR

**CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL
LUNCH MENU MARCH 2025**

3/03-3/07

Monday Tuesday Wednesday Thursday Friday



The Main Menu

Cheese Quesadilla
39g
w/Sour Cream +
Salsa

Golden Corn 15g

Chicken Tenders
13g
Garlic Breadstick
15g
Buffalo
Cauliflower 3g
Local Rainbow
Carrots 3g with Dip
2g

Early Dismissal
Baked Mozzarella
Sticks 33g
Marinara Sauce 6g
Baby Spinach
Salad 3g

Mini Confetti
Pancakes 36g
Syrup 18g
Sausage Patties 2g
Oven Baked Fries
15g

Chicken Fajitas
w/ Peppers,
Onions 34g
Refried Beans 16g

**Pasta of the Day &
Pizza Oven
w/Salad**

Macaroni + Cheese
31g
w/Garlic
Breadstick 15g
or

Stuffed Crust
Pizza 35g

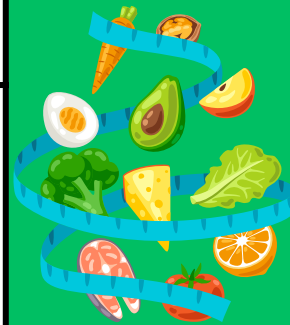
Broccoli Alfredo
Pasta 46g
or
Pizzeria Style Pizza
29g
(Plain or Pepperoni)

Early Dismissal
Chicken Parmesan
13g
w/Side of Pasta 53g

or
French Bread Pizza
33g

Bosco Sticks 30g
Marinara Sauce 6g
or
Pizzeria Style Pizza
29g
(Plain or
Pepperoni)

Pasta 53g
or
Pizza 26-35g



Green Wave Grill

Rice Bowl 42g

Hamburger or
Cheeseburger on
Whole Grain Bun
27g
Oven Baked
Potato Wedges 18g

Early Dismissal
Spicy Chicken
Patty on Whole
Grain Bun 42g
Lettuce/Tomato

Steak + Cheese on
Ciabatta Roll 31g
w/ or w/o Peppers +
onions
Oven Baked Fries 15g

BBQ Chicken 18g
Buttermilk Biscuit
30g
w/ Coleslaw 7g

**Grams of Carbohydrates are in
Red**





CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH MENU MARCH 2025

3/10-3/14

Monday Tuesday Wednesday Thursday Friday



The Main Menu

Gyro w/Tzatziki
Sauce **28g**
Green Beans **5g**

Walking Taco **34g**



Pizza Crunchers **41g**
Parmesan Broccoli **6g**

Late Opening
Loaded Potato
Wedges **22g**
Garlic Knot **27g**



Sizzler **31g**

Pasta of the Day & Pizza Oven w/Salad

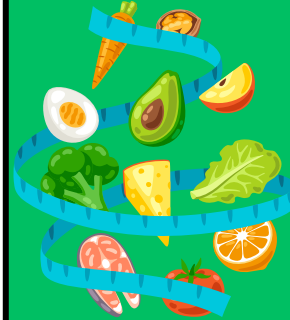
Macaroni + Cheese **31g**
Whole Grain
Dinner Roll **15g**
or
Personal Pizza **29g**

Pasta w/Meatballs **58g**
or
Buffalo Chicken
Pizza **26g**


Mini Cheese Ravioli
w/Marinara Sauce **21g**
w/Garlic Breadstick **15g**
or
Garlic French
Bread Pizza **29g**

Late Opening
Bosco Sticks **30g**
w/Marinara Sauce **6g**
or
Pizzeria Style Pizza **29g**
(Plain or
Pepperoni)

Pasta **53g**
or
Pizza **26-35g**



Green Wave Grill


Grilled Cheese **27g**
Warm Cup of
Soup **10g**

Cheeseburger
Panini **33g**
Oven Baked Fries **15g**

Spicy Chicken
Patty on Whole
Grain Bun **42g**
Lettuce/Tomato

Late Opening - 2 HR
Chicken Club **27g**
Bacon, Lettuce,
Tomato
Chipotle **7g** or Ranch **2g**
Oven Baked Sweet
Potato Fries **15g**

Rodeo Burger **33g**
Oven Baked Fries **15g**

Grams of Carbohydrates are in
Red

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



CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH MENU MARCH 2025

3/17-3/21

Monday

Tuesday

Wednesday

Thursday

Friday



The Main Menu

Happy St. Patrick's Day
Shamrock Nuggets **16g**
Dublin Dinner Roll **16g**
Emerald Broccoli **6g**

Chicken Dippin Sandwich
Whole Grain Bun **43g**
Dippin Sauce **6g**
Pickles
Baked Sweet Potato Fries **15g**

Walking Taco **34g**



Happy Spring Waffle Bar **24g**
Assorted Toppings **2-20g**
Sausage Patties **2g**

"Bloom Sidekick" **23g**

Mashed Potato Bowl
Popcorn Chicken **20g**
1/2C of Mashed Potatoes **17g**
1/2C of Corn **15g**
Buttermilk Biscuit **16g**

Pasta of the Day & Pizza Oven w/Salad

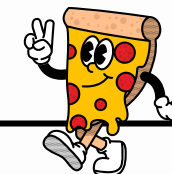
Happy St. Patrick's Day
Shamrock Smoothie **63g**
w/Hot Pretzel **30g**
or
4x6 Pizza **30g**

Italian Combo Platter **48g**
or
Pizzeria Style Pizza **29g**
(Plain or Pepperoni)

Pasta w/Meatballs **59g**
or
Stuffed Crust Pizza **35g**

Bosco Sticks **30g**
w/Marinara Sauce **6g**
or
Buffalo Chicken Pizza **26g**

Pasta **53g**
or Pizza **26-35g**



Green Wave Grill

Happy St. Patrick's Day
Egg + Cheese **1g**
Whole Grain Croissant **29g**
Oven Baked Potato Puffs **16g**

Hamburger or Cheeseburger On Whole Grain Bun **27g**
Oven Baked Potato Wedges **18g**

Spicy Chicken Patty on Whole Grain Bun **42g**
Lettuce/Tomato

Chicken Parm Panini **40g**

Warm Asian Wrap **58g**

Grams of Carbohydrates are in Red

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





CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH MENU MARCH 2025

3/24-3/28




ETHNIC DISHES CONNECT US -
DIVERSITY IN CUISINE WILL BE
CELEBRATED THE WEEK OF 24TH

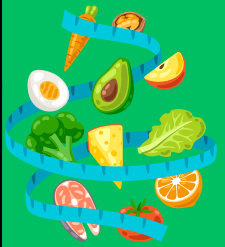
Monday Tuesday Wednesday Thursday Friday

The Main Menu

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill

<p>Polish Pierogies 48g w/Sour Cream Roasted Butternut Squash 21g</p> 	<p>Mexican Nachos 18g Seasoned Beef 4g Lettuce/Tomato Cheese Salsa, Sour Cream Mexican Street Corn 18g</p> 	<p>Italian Meatball Grinder 30g Caesar Salad 8g</p> 	<p> Opening Day of Baseball All American Hot Dog Bar 27g Baked Beans 29g Popcorn 9g</p> 	<p>Asian Chicken General Tso Chicken 19g Broccoli Florets 6g Brown Rice 37g</p> 
<p>Macaroni + Cheese 31g w/Garlic Breadstick 15g or French Bread Pizza 33g</p>	<p>Broccoli Alfredo Pasta 46g or Pizzeria Style Pizza 29g (Plain or Pepperoni)</p>	<p>Smoothie Bar 61g Hot Pretzel 30g or Personal Pizza 29g</p>	<p>Bosco Sticks 30g w/Marinara Sauce 6g or Pizzeria Style Pizza 29g (Plain or Pepperoni)</p>	<p>Pasta 53g or Pizza 26-35g</p> 
<p>BBQ Chicken 18g Garlic Knot 27g Coleslaw 7g</p> 	<p>Bacon Cheddar Burger 28g Oven Baked Sweet Potato Fries 15g</p>	<p>Spicy Chicken Patty on Whole Grain Bun 42g Lettuce/Tomato</p>	<p>Ham + Cheese Panini 29g w/Roasted Red Pepper + Black Olives (Vegetarian Available)</p>	<p>Hamburger or Cheeseburger on Whole Grain Bun 27g Oven Baked Fries 15g</p>



Grams of Carbohydrates are in Red

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

CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL
LUNCH MENU MARCH 2025

3 / 31

Monday

Spring is Coming!

The Main Menu



Burrito Bowl 42g

Pasta of the Day &
Pizza Oven
w/Salad

Macaroni + Cheese 31g
Whole Grain Dinner Roll 15g

or
Stuffed Crust Pizza 35g



Green Wave Grill

Chicken Club 27g
Bacon, Lettuce,
Tomato
Chipotle 7g
or Ranch 2g
Oven Baked Potato
Wedges 18g



Food
Connects Us

2025 NATIONAL NUTRITION MONTH®

CARBOHYDRATE COUNTING GUIDE CONTINUES

All Meals include your choice of Milk, Fruit and any Vegetables for the Day! Bananas **15g**, Orange **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**

These are carbohydrate estimates. When there is a carb range, it has to do with size of fruit or pizza/pasta used that day.

The salads served have at least **30 grams** of carbs because they have a 2 ounce serving of a grain with it.

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**, Flat Bread **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**