



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

The Main Menu

Pasta of the Day & Pizza Oven

Green Wave Grill

The Sandwich Board

Garden Greens & More



NEW MILFORD HIGH SCHOOL LUNCH MENU

NOVEMBER 2023

10/30-11/03

Monday

Tuesday

Wednesday

Thursday

Friday

Local Apples from Maple Bank Farm will be Offered in November!



Cheese Quesadilla w/ Sour Cream + Salsa

Refried Beans

Italian Combo Platter

or 

Stuffed Crust Pizza

Spicy Chicken Patty on Whole Grain Bun

Chicken Fajitas w/ Onions + Peppers

Kale Salad with Local Kale!

Bosco Sticks w/ Marinara Sauce

or

Pizzeria Style Pizza (Plain or Pepperoni)

Grilled Chicken Club w/ Cheese, Lettuce, Tomato

Chipotle or Ranch Dressing

Comfort Food Friday!

Meatloaf w/ Gravy

Mashed Potato

Green Beans

Pumpkin Bread 

Pasta or Pizza

Grilled Cheese w/ Jalapeno or American Cheese

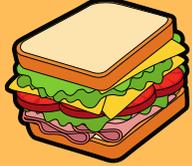
Tomato Soup 

BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo

Cheese: American, Provolone, Swiss, Pepperjack

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives



Large or Small Chef Salad

Yogurt Fruit & Granola Parfait, Hummus Plate

Weekly Special:

Antipasto Wrap

Asian Salad




NEW MILFORD HIGH SCHOOL LUNCH MENU

NOVEMBER 2023

11/06-11/10

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

The Main Menu

Pasta of the Day & Pizza Oven

Green Wave Grill

The Sandwich Board

Garden Greens & More

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken +
Waffles
Chicken Tenders

Roasted Squash

Parent
Conferences

No School

French Toast
Sticks
Sausage Patties
Baked Potato
Puffs

Mashed Potato
Bowl w/ Whole
Grain Dinner
Roll



No School

Macaroni +
Cheese w/ Whole
Grain Dinner Roll
or
French Bread
Pizza

Smoothie Bar
 or
Personal Pizza

Bosco Sticks w/
Marinara Sauce

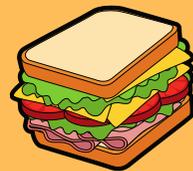
or
Buffalo Chicken Pizza

Hamburger or
Cheeseburger on
Whole Grain Bun

Baked Sweet
Potato Fries

Spicy
Chicken Patty
on Whole
Grain Bun

Warm Asian
Wrap

BOARS HEAD
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives



Large or Small Chef Salad
Yogurt Fruit & Granola Parfait, Hummus Plate
Weekly Special:
Kicken Chicken Wrap
Chicken Caesar Salad





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

NEW MILFORD HIGH SCHOOL LUNCH MENU

NOVEMBER 2023

11/13 - 11/17

The Main Menu

Pasta of the Day & Pizza Oven

Green Wave Grill

The Sandwich Board

Garden Greens & More

Monday

Meatballs w/ Mango Habanero Sauce
Brown Rice
Broccoli Florets

Macaroni + Cheese "BAR" w/ Whole Grain Dinner Roll
or
Stuffed Crust Pizza

Egg, Sausage + Cheese on Warm Croissant
Baked Potato Puffs

Tuesday

Taco Tuesday!
Seasoned Meat Lettuce/Tomato Cheese/Salsa
Corn + Black Bean Salad 

Lasagna w/ Sauce Whole Grain Dinner Roll
or
Pizzeria Style Pizza 

Chicken Parm Panini

Wednesday

Baked Pizza Crunchers
Baby Spinach Salad

Walking Taco
or
Garlic French Bread Pizza 

Spicy Chicken Patty on Whole Grain Bun 

Thursday

Turkey Dinner 
Roasted Turkey w/ Gravy Mashed Potato
Roasted Butternut Squash with Local Squash!
Warm Turkey Pretzel

Bosco Sticks w/ Marinara Sauce
or
Buffalo Chicken Pizza

Rodeo Hamburger or Cheeseburger on Whole Grain Bun
Baked Potato Wedges 

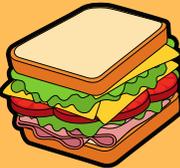
Friday

BBQ Rib on Wheat Roll
Baked Beans
Baked Oven Fries

Pasta or Pizza

Rice Bowl 

BOARS HEAD
Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack
Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives



Large or Small Chef Salad
Yogurt Fruit & Granola Parfait, Hummus Plate
Weekly Special:
Turkey BLT
Greek Salad







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

NEW MILFORD HIGH SCHOOL LUNCH MENU

NOVEMBER 2023

11/20 - 11/24

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Asian Chicken
Brown Rice
Broccoli Florets

Sizzler



1/2 Day!
Baked Mozzarella Sticks w/ Marinara Sauce
Caesar Salad

Pasta of the Day & Pizza Oven

Macaroni + Cheese w/ Whole Grain Dinner Roll
or
4x6 Pizza

Pasta w/ Meatballs & Marinara Sauce
or
Pizzeria Style Pizza

1/2 Day!
Ravioli w/ Sauce w/ Whole Grain Dinner Roll
or
Personal Pizza



Green Wave Grill

Ham + Cheese Panini



Hamburger or Cheeseburger on Whole Grain Bun
Baked Crinkle Fries

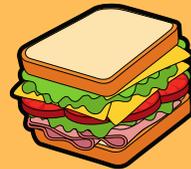


Spicy Chicken Patty on Whole Grain Bun

**Thanksgiving Holiday
No School!**



The Sandwich Board



BOARS HEAD

Turkey, Ham, Buffalo Chicken, Italian Combo
Cheese: American, Provolone, Swiss, Pepperjack

Toppings: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives

Garden Greens & More



Large or Small Chef Salad
Yogurt Fruit & Granola Parfait, Hummus Plate

Weekly Special:
Southwest Wrap
Chicken Caesar Salad



NEW MILFORD HIGH SCHOOL LUNCH MENU

NOVEMBER 2023

11/27/12/01

Monday

Tuesday

Wednesday

Thursday

Friday

The Main Menu

Baked Chicken Patty on Whole Grain Bun
Steamed Edamame

Baked Potato Topped w/ Chili + Cheese
Broccoli Florets

Mashed Potato Bowl w/ Whole Grain Dinner Roll

Taco Bowl



Pasta of the Day & Pizza Oven

Macaroni + Cheese w/ Whole Grain Dinner Roll
or
French Bread Pizza

Chicken Parm w/ a side of Pasta
or
Buffalo Chicken Pizza

Smoothie Bar
or
Mini Pizza Bagels

Bosco Sticks w/ Marinara Sauce

or
Pizzeria Style Pizza

Green Wave Grill

Hamburger or Cheeseburger on Whole Grain Bun
Oven Baked Crinkle Fries

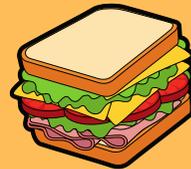
Grilled Chicken
Warm Garlic Knot

Spicy Chicken Patty on Whole Grain Bun



Bacon Cheddar 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

Garden Greens & More



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



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