



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!**

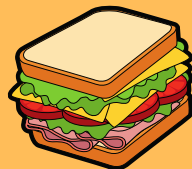
Meatloaf w/ Gravy  
Mashed Potato  
Green Beans  
Pumpkin Bread



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





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# NEW MILFORD HIGH SCHOOL LUNCH MENU

NOVEMBER 2023

11/06-11/10

## The Main Menu

## Pasta of the Day & Pizza Oven

## Green Wave Grill

## The Sandwich Board

## Garden Greens & More

Monday

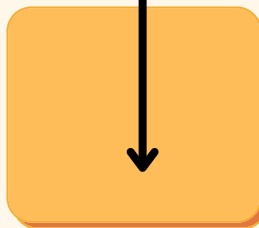
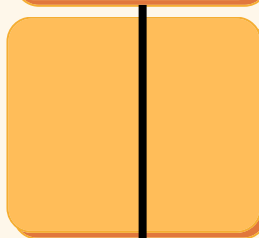
Chicken +  
Waffles  
Chicken Tenders  
  
Roasted Squash

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

Hamburger or  
Cheeseburger on  
Whole Grain Bun  
  
Baked Sweet  
Potato Fries


Tuesday

Parent  
Conferences  
  
No School




Wednesday

French Toast  
Sticks  
Sausage Patties  
Baked Potato  
Puffs

Smoothie Bar  
 or  
Personal Pizza

Spicy  
Chicken Patty  
on Whole  
Grain Bun

Thursday

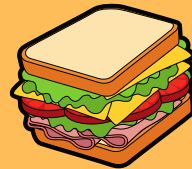
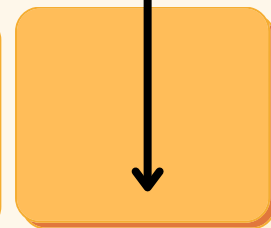
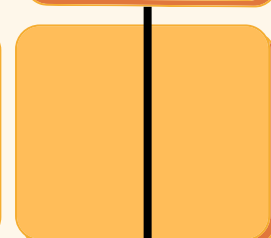
Mashed Potato  
Bowl w/ Whole  
Grain Dinner  
Roll  


Bosco Sticks w/  
Marinara Sauce  
  
or  
Buffalo Chicken Pizza

Warm Asian  
Wrap  


Friday

  
  
No School



### 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





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# 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

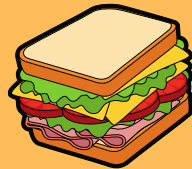
Pasta or  
Pizza

  
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







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# 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



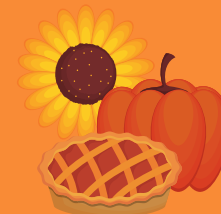
Hamburger or Cheeseburger on Whole Grain Bun

Baked Crinkle Fries

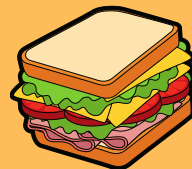


Spicy Chicken Patty on Whole Grain Bun

**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

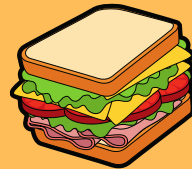
Spicy Chicken  
Patty on Whole  
Grain Bun



Bacon Cheddar  
Hamburger or  
Cheeseburger on  
Whole Grain Bun  
  
Baked Potato Puffs

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

## 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

