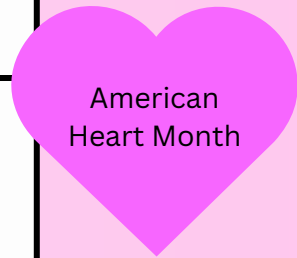


CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH

MENU FEBRUARY 2025

2/03-2/07



Grams of Carbohydrates are in Red

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
Baked Pizza Crunchers 41g Parmesan Broccoli 6g	Mashed Potato Bowl Popcorn Chicken 20g 1/2C of Mashed Potatoes 17g Whole Grain Dinner Roll 15g	Asian Dumplings 31g Dippin Sauce 6g Stir Fry Vegetables 5g	Cheese Quesadilla 39g w/Salsa Sour Cream Golden Corn 15g	PreGame Platter Mini Pizza Bagels 12g Popcorn Smackers 8g Corn Dogs 11g Oven Baked Fries 15g
Macaroni + Cheese 31g Whole Grain Dinner Roll 15g or Ranchero Pizza 30g w/Queso, Ranch or Chipotle Drizzle	Chicken Parm 13g w/Side of Pasta 53g or Buffalo Chicken Pizza 27g	Lasagna 25g w/Garlic Breadstick 15g or Garlic French Bread Pizza 29g	Bosco Sticks 30g Marinara Sauce 6g or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Pasta with Sauce 53g or Pizza 26-35g
Cheeseburger Panini 33g Baked Oven Fries 15g	Grilled Cheese 27g American or Jalapeno Warm Cup of Soup 10g	Spicy Chicken Patty 15g Whole Grain Bun 27g Lettuce/Tomato	Hamburger 0g Cheeseburger 1g Whole Grain Bun 27g Baked Sweet Potato Fries 15g	Sausage Egg Cheese 1g Whole Grain Croissant 29g Baked Potato Puffs 16g

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**

Large or Small Chef Salad **31g**
 Yogurt Fruit & Granola Parfait **74g**, Hummus Platter **50g**
 Turkey BLT Wrap **36g**
 Chicken Caesar Salad **38g**

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

CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH MENU FEBRUARY 2025

2/10 - 2/14

Monday Tuesday Wednesday Thursday Friday

American Heart Month

Grams of Carbohydrates are in Red

The Main Menu

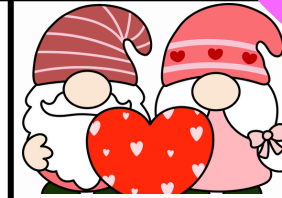
Baked Chicken Tenders **14g**
Buttermilk Biscuit **16g**
Diced Carrots **3g**

Walking Taco **34g**



French Toast Sticks **38g**
Syrup **18g**
Sausage Patties **2g**
Oven Baked Potato Puffs **16g**

Happy Valentines Day
Sweetheart Nuggets **16g**
Heartbeat Pretzel **30g**
Be Mine Broccoli **6g**
Strawberry Shortcake **18g**



Valentine's Day No School

Pasta of the Day & Pizza Oven w/ Salad

Macaroni + Cheese **31g**
Whole Grain Dinner Roll **15g**
or
Stuffed Crust Pizza **35g**

"Smoothie Bar"
Smoothie **61g** w/Hot Pretzel **30g**
or
Pizzeria Style Pizza **29g**
(Plain or Pepperoni)

Pasta w/Meatballs + Sauce **37g**
or
4x6 Pizza **30g**

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

Green Wave Grill



Rice Bowl **42g**

Hamburger **0g**
Cheeseburger **1g**
Whole Grain Bun **27g**
Baked Potato Wedges **18g**

Spicy Chicken Patty **15g**
Whole Grain Bun **27g**
Lettuce + Tomato



Hot Dog **2g**
Whole Grain Roll **25g**
Oven Baked Spiral Fries **23g**

The Sandwich Board



Boars Head
Turkey, Ham, Buffalo Chicken, Italian Combo **2g**
Cheese: American, Provolone, Swiss, Pepperjack **1g**
Toppins: Lettuce, Tomato, Pickles, Banana Peppers, Onions, Olives
2 Slices of WW Bread **25g**, Ciabatta Roll **30g**, Wrap **34g**, Flat Bread **28g**, Kaiser Roll **33g**

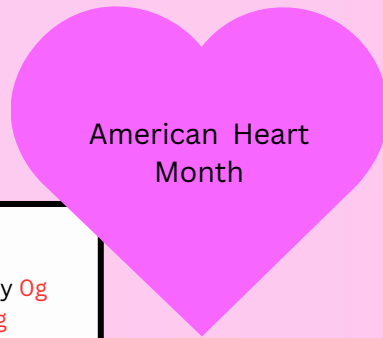
Garden Greens & More

Large or Small Chef Salad **32g**
Yogurt Fruit & Granola Parfait **74g**, Hummus Plate **50g**
Chicken Caesar Wrap **36g**
Greek Salad **50g**

CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH

MENU FEBRUARY 2025

2/17-2/21



Grams of Carbohydrates are in Red

The Main Menu

Pasta of the Day & Pizza Oven w/ Salad

Green Wave Grill

The Sandwich Board

Garden Greens & More

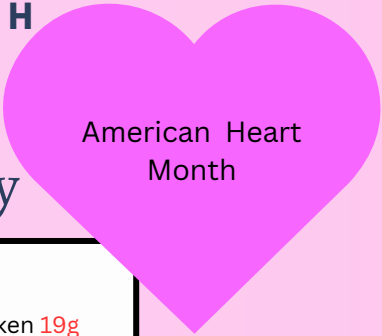
	Monday	Tuesday	Wednesday	Thursday	Friday
 President's Weekend No School		Sizzler 31g	Loaded Potato Wedges 18g w/ Taco Meat 4g Queso, Sour Cream, Salsa Garlic Knot 27g	Chicken Dippin Sandwich on Whole Grain Bun 43g Dipping Sauce 6g Pickles Oven Baked Fries 15g	Roasted Turkey 0g w/Gravy 4g Mashed Potatoes 17g Roasted Zucchini 4g Pumpkin Bread 44g
		Mini Cheese Ravioli w/Sauce 21g w/Whole Grain Dinner Roll 16g or Buffalo Chicken Pizza 26g	Stuffed Shells w/Sauce 15g Whole Grain Dinner Roll 16g or French Bread Pizza 33g	Bosco Sticks 30g w/Marinara Sauce 6g Or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Pasta 53g or Pizza 26-35g
		 Chicken Parm Panini 40g	 Spicy Chicken Patty 15g Whole Grain Bun 27g Lettuce + Tomato	 Rodeo Burger 33g Baked Oven Fries 15g	Grilled BBQ Chicken 18g Buttermilk Biscuit 30g

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**

Large or Small Chef Salad **31g**
 Yogurt Parfait w/Homemade Granola **74g**, Hummus Plate **50g**
 Kickin Chicken Wrap **46g**
 Chicken Caesar Salad **38g**



CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH MENU FEBRUARY 2025 2/24-2/28



Grams of
Carbohydrates
are in Red

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
	Baked Mozzarella Sticks 33g w/Marinara Sauce 6g Green Beans 5g	Taco Tuesday 2 Taco Shells 18g Seasoned Beef 4g Shredded Cheddar Lettuce/Tomato/ Salsa/Sour Cream Refried Beans 24g		Mashed Potato Bowl Popcorn Chicken 20g 1/2C of Mashed Potatoes 17g Whole Grain Dinner Roll 15g	Asian Chicken 19g Broccoli Florets 6g Brown Rice 37g
	Macaroni + Cheese 31g Whole Grain Dinner Roll 16g or Personal Pizza 29g	Pasta w/Meatballs + Sauce 58g or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Smoothie Bar Smoothie 61g w/Hot Pretzel 30g or Stuffed Crust Pizza 35g	Bosco Sticks 30g w/Marinara Sauce 6g or Buffalo Chicken Pizza 26g	 Pasta 53g or Pizza 26-35g
	Warm Asian Wrap 58g	 Bacon Cheddar Burger 28g Bake Sweet Potato Fries 15g	Spicy Chicken Patty 15g Whole Grain Bun 27g Lettuce + Tomato	Waffle Breakfast Sandwich 24g Oven Baked Potato Puffs 16g	Grilled Chicken Club 26g Bacon, Lettuce, Tomato Chipotle 7g or Ranch Dressing 2g Baked Oven Fries 15g

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**



Large or Small Chef Salad **31g**
 Yogurt Fruit & Granola Parfait **74g**
 Hummus Plate **50g**
 Turkey Cranberry Wrap **52g**
 Cobb Salad **34g**

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



CARBOHYDRATE COUNTING GUIDE CONTINUES

American Heart
Month

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.