



CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH MENU MAY 2025

5/01-5/02

Monday

Tuesday

Wednesday

Thursday

Friday



The Main Menu

Pasta of the Day &
Pizza Oven
w/Salad

Green Wave Grill

Breakfast &
Lunch Free

24-25
School Year



Hot Turkey Grinder
30g
w/Gravy 2g

Baked Spiral Fries
23g

Bosco Sticks 34g
w/Marinara Sauce
6g

Or
Pizzeria Style Pizza
29g
(Plain or
Pepperoni)

Hamburger 0g
Cheeseburger 1g
WG Bun 27g
Baked Oven Fries
15g

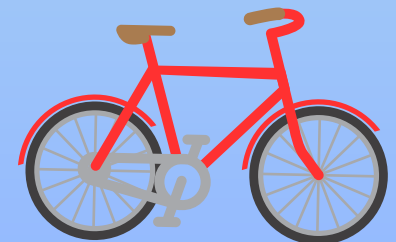
Baked Chicken
Tenders 14g
Garlic Breadstick
15g
Diced Carrots 4g

Pasta 53g

Or
Pizza 26-35g

Steak + Cheese 1g
Ciabatta Roll 30g
w/ or w/o Peppers
+ Onions

Baked Potato
Wedges 15g



CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH

MENU MAY 2025

5/5-5/9

Monday

Tuesday

Wednesday

Thursday

Friday



The Main Menu

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill

Cinco De Mayo

Soft Tacos **26g**

Seasoned Beef

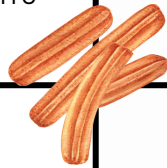
4g

Cheese, Lettuce,
Tomato, Salsa
Refried Beans

24g

Apple Churro

25g



Teriyaki Woodle

Bowl **34g**

w/ Seasoned

Chicken **0g**

Steamed

Edamame **7g**

French Toast Sticks

38g

Syrup **18g**

Oven Baked Potato

Puffs **15g**

Sausage Links

Asian Chicken **19g**

Brown Rice **37g**

Broccoli Florets **6g**



Mashed Potato Bowl

Popcorn Chicken

20g

Mashed Potatoes

17g

Corn **15g**

w/Whole Grain

Dinner Roll **16g**

Macaroni + Cheese

31g

w/WG Dinner Roll

16g

Or

Personal Pizza **30g**



Rice Bowl **42g**

Pierogies **48g**

w/Marinara Sauce

6g

or

Buffalo Chicken

Pizza **26g**

Pasta w/Meatballs

+ Sauce **59g**

or

Stuffed Crust

Pizza **35g**

Bosco Sticks **30g**

w/Marinara Sauce

6g

or

Pizzeria Style Pizza

29g

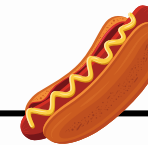
(Plain or

Pepperoni)

Pasta **53g**

or

Pizza **26-35g**



Hot Dog **2g**

on WG Roll **25g**

Oven Baked Potato

Wedges **15g**

Ham + Cheese

Panini **29g**

Olives and

Roasted Peppers

Spicy Chicken

Patty **15g**

on WG Bun **27g**

Lettuce /Tomato

Rodeo Burger on

WG Bun **33g**

Baked Oven Fries

15g





CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH
MENU MAY 2025



Monday Tuesday 5/12-5/16 Wednesday Thursday Friday

The Main Menu

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

Green Wave Grill

BBQ Chicken 18g Whole Grain Cornbread Poppers 30g Roasted Squash 4g	 Walking Taco 34g	Asian Dumplings 31g w/Dipping Sauce Stir Fry Vegetables 5g 	Early Dismissal Cheese Quesadilla 39g w/Salsa + Sour Cream Mexican Street Corn 18g	Sizzler 31g
Macaroni + Cheese 31g w/WG Dinner Roll 16g or 4x6 Personal Pizza 30g	Broccoli Alfredo Pasta Penne Pasta 41g w/Alfredo Sauce 8g Broccoli 6g or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Smoothie 61g w/Hot Pretzel 30g or Garlic French Bread Pizza 29g	Early Dismissal Bosco Sticks 30g w/Marinara Sauce 6g or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Pasta 53g or Pizza 26-35g
 Grilled Cheese 27g Cup of Soup 10g	Hamburger 0g Cheeseburger 1g on WG Bun 27g Baked Potato Puffs 15g	Spicy Chicken Patty 15g WG Bun 27g Lettuce/Tomato	Early Dismissal Chicken Parm Panini 40g	Nachos w/Cheese Sauce + Salsa Nachos 26g Cheese Sauce 4g





CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH

MENU MAY 2025



Monday Tuesday Wednesday Thursday Friday

The Main Menu

Totally Taco **31g**

Black Bean +
Corn Salad **15g**



Chicken + Waffle
Chicken Nuggets **13g**
w/Crispy Waffle **12g**
Roasted Zucchini **4g**

Nacho Bar **30g**

Breakfast For Lunch
Waffles **24g** or
French Toast **38g**
Syrup **18g**
w/Sausage **2g**
Potato Puffs **15g**

Mashed Potato Bowl
Popcorn Chicken **20g**
Mashed Potatoes **17g**
Corn **15g**
w/WG Dinner Roll **16g**



Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese **31g**
w/WG Dinner Roll **16g**
or
Stuffed Crust Pizza **30g**

Chicken Parm **13g**
w/Side of Pasta **53g**
or
Pizzeria Style Pizza **29g**
(Plain or Pepperoni)

Pasta w/Meatballs **59g**
or
French Bread Pizza **33g**

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

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



Green Wave Grill

Hot Dog **2g**
on WG Bun **25g**

Baked Spiral Fries **23g**

Warm Asian Wrap **58g**

Spicy Chicken Patty **15g**
WG Bun **27g**
Lettuce Tomato

Egg + Cheese **1g**
on WG Croissant **29g**
Baked Potato Puffs **15g**

Bacon Cheddar Burger **1g**
On WG Bun **27g**
Baked Sweet Potato Fries **15g**





CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH MENU MAY 2025



Monday Tuesday Wednesday Thursday Friday

5/26-5/30

The Main Menu



No School

Pasta of the Day & Pizza Oven w/Salad

Green Wave Grill



Tot-Chos
w/Cheese Sauce 20g
Garlic Knot 27g



Smoothie 61g
w/Hot Pretzel 30g

Or

Buffalo Chicken
Pizza 26g

Pizza Crunchers 41g
Caesar Salad 8g



Pasta w/Creamy
Tomato Sauce 49g

or

Personal Pizza 30g

Chicken Dippin
Sandwich 43g
Dippin Sauce 6g
Green Beans 4g

Burrito Bowl 42g

Bosco Sticks 30g
w/Marinara Sauce 6g

or

Pizzeria Style
Pizza 29g
(Plain or
Pepperoni)

Pasta 53g

or

Pizza 26-35g

Grilled Chicken Club

Baked Chicken 0g
Kaiser Roll 33g
w/Bacon, Cheese,
Lettuce, Tomato
Chipotle 7g or
Ranch Dressing 2g
Oven Baked Fries 15g

Spicy Chicken
Patty 15g
on WG Bun 27g
Lettuce/Tomato



Hamburger 0g
Cheeseburger 1g
on
WG Bun 27g

Baked Oven
Potatoes 15g

Grilled Wrap 34g





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 **19g**, Chocolate **19g**

**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**

