

CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH

MENU APRIL 2025

4/01-4/04

Monday

Tuesday

Wednesday

Thursday

Friday






The Main Menu

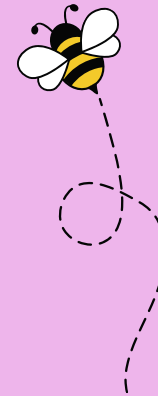
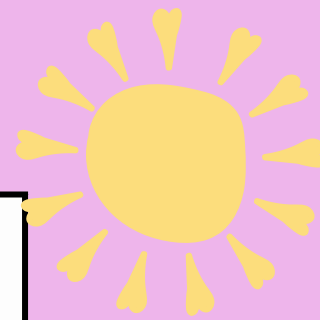
Breakfast
& Lunch
Free

Pasta of the Day &
Pizza Oven
w/Salad

24-25
School
Year

Green Wave Grill

<p>Breakfast & Lunch Free</p> <p>24-25 School Year</p>	<p>April Fools Day</p> <p>French Toast Sticks 38g</p> <p>Sausage Patties 2g Smile Fries 20g</p> 	<p>Baked Potato 15g w/Jalapeno Cheese Sauce 4g Broccoli 6g Garlic Knot 27g</p> 	<p>BBQ Beef Patty on WG Bun 27g Baked Beans 29g</p> <p>Corn Cobette 15g</p>	<p>April Showers "Bloom" May Flowers</p> <p>Baked Chicken Tenders 14g Garlic Breadstick 15g Homemade Baked Zucchini Fries 10g Bloom Sidekick 23g</p>
	<p>Chicken Parm 13g w/Side of Pasta 53g</p> <p>or</p> <p>Buffalo Chicken Pizza 27g</p>	<p>Meatball Grinder 34g</p> <p>or</p> <p>French Bread Pizza 33g</p>	<p>Bosco Sticks 34g w/Marinara Sauce 6g</p> <p>or</p> <p>Pizzeria Style Pizza 29g (Plain or Pepperoni)</p>	<p>Pasta 53g</p> <p>or</p> <p>Pizza 26-35g</p>
	<p>Steak + Cheese 1g Ciabatta Roll 30g w/ or w/o Onions + Peppers Baked Oven Fries 15g</p>	<p>Spicy Chicken Patty 15g Whole Grain Bun 27g Lettuce/Tomato</p>	<p>Hot Turkey Grinder 30g w/Gravy 2g</p> <p>Baked Spiral Fries 23g</p>	 <p>Ham + Cheese Panini 29g</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 APRIL 2025

4/07-4/11

Monday Tuesday Wednesday Thursday Friday



The Main Menu

Baked Mozzarella Sticks **33g**
 Marinara Sauce **6g**
 Caesar Salad **8g**



Taco Bowl **38g**

NEW

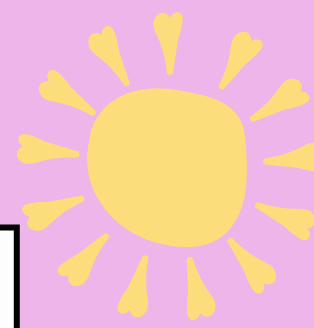
Spicy Woodle Bowl **34g**
 w/ or w/o Chicken



Edamame **7g**

Mashed Potato Bowl
 Popcorn Chicken **20g**
 1/2C of Mashed Potatoes **17g**
 WG Dinner Roll **16g**

Cheese Quesadilla **39g**
 w/Salsa + Sour Cream
 Refried Beans **16g**



Pasta of the Day & Pizza Oven w/Salad

Macaroni + Cheese **31g**
 w/Garlic Breadstick **15g**
 or
 Personal Pizza **30g**

Lasagna **25g**
 WG Dinner Roll **16g**

or
 Pizzeria Style Pizza **29g**
 (Plain or Pepperoni)

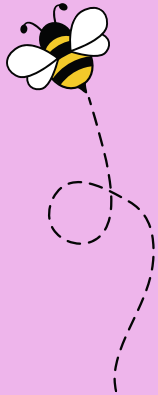
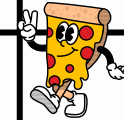
Smoothie **61g**
 w/Hot Pretzel **30g**
 or

Stuffed Crust Pizza **30g**

Bosco Sticks **34g**
 Marinara Sauce **6g**
 or

Pizzeria Style Pizza **29g**
 (Plain or Pepperoni)

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



Green Wave Grill

Rice Bowl **42g**

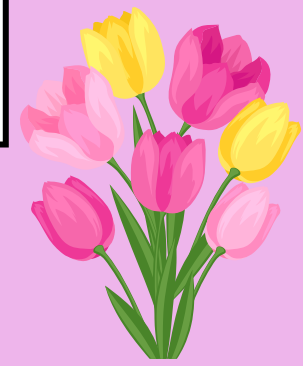
Rodeo Burger **33g**

Oven Baked Potatoes **15g**

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

Chicken Parm Panini **40g**

Grilled BBQ Chicken **18g**
 Buttermilk Biscuit **30g**
 Coleslaw **7g**



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CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH MENU APRIL 2025

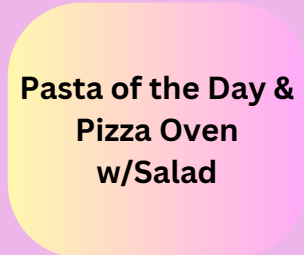
4/21-4/25

Monday Tuesday Wednesday Thursday Friday



The Main Menu

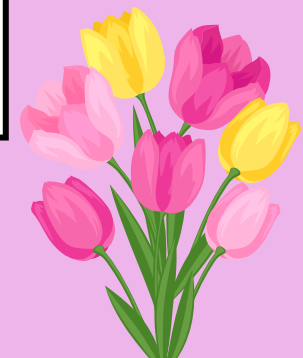
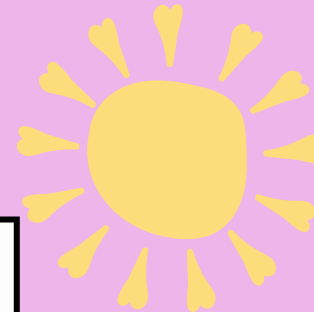
Mini Confetti Pancakes 36g Syrup 18g Sausage Patties 2g Oven Potatoes 15g	Baked Chicken Nuggets 13g WG Dinner Roll 16g Roasted Zucchini Squash 4g	Rippinz 31g w/Marinara Sauce 6g Tossed Salad 3g	Burrito Bowl 42g	Sizzler 31g
Macaroni + Cheese 31g w/Garlic Breadstick 15g or Garlic French Bread Pizza 29g	 Smoothie 61g w/Hot Pretzel 30g or Buffalo Chicken Pizza 26g	Broccoli Alfredo Pasta Pasta 41g Alfredo Sauce 8g Broccoli 6g Or Personal Pizza 30g	Bosco Sticks 34g w/Marinara Sauce 6g or Pizzeria Style Pizza 29g (Plain or Pepperoni)	Pasta 53g or Pizza 26-35g
Warm Asian Wrap 58g	Hamburger 0g or Cheeseburger 1g WG Bun 27g Oven Baked Sweet Potato Fries 15g 	Spicy Chicken Patty 15g Whole Grain Bun 27g Lettuce/Tomato	Waffle Breakfast Sandwich 24g Oven Potato Puffs 15g 	Bacon Cheddar Burger 1g on WG Bun 27g Baked Oven Potatoes 15g



Pasta of the Day & Pizza Oven w/Salad



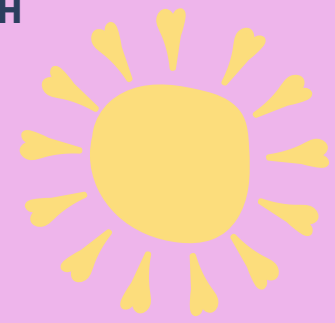
Green Wave Grill



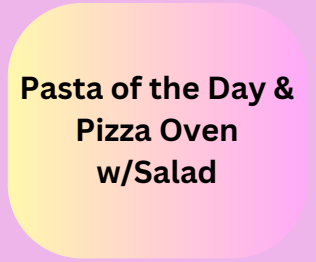
Grams of Carbohydrates are in Red

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**CARBOHYDRATE COUNTING NEW MILFORD HIGH SCHOOL LUNCH
MENU APRIL 2025
4/28-4/30**



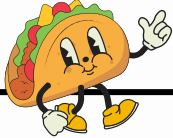



The Main Menu



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



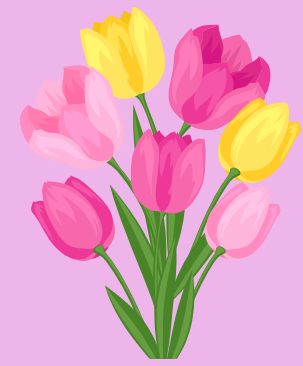
Green Wave Grill

Monday	Tuesday	Wednesday
Gyro w/Tzatziki Sauce 28g Oven Fries 15g	Walking Taco 34g 	Chicken Dippin Sandwich on WG Bun 40g Dippin Sauce 6g Pickles Buffalo Cauliflower 3g 
Macaroni + Cheese 31g w/Garlic Breadstick 15g or Stuffed Crust Pizza 30g	Pasta w/Meatballs 58g or Pizzeria Style Pizza 29g (Plain or Pepperoni)	 Chicken Parm 13g w/Side of Pasta 53g or French Bread Pizza 33g
Hot Dog 2g on WG Roll 25g Oven Baked Potato Fries 15g	 Grilled Cheese 27g Tomato Soup 10g	Spicy Chicken Patty 15g on Whole Grain Bun 27g Lettuce/Tomato

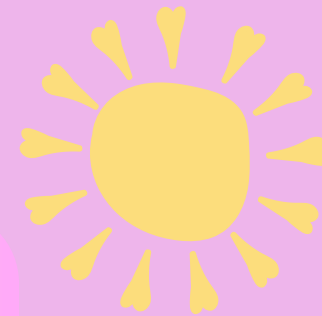


Grams of Carbohydrates are in Red

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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**
Chicken Caesar Salad **38g**

