







Milford Central School

OCTOBER	2022			
Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><i>Mini Waffles</i></p> <p>Chicken on a Bun Pasta Salad Carrots</p>	<p>4</p> <p><i>Assorted Muffins</i></p> <p>Fish Sticks Sweet Potato Fries GreenBeans Dinner Roll</p>	<p>5</p> <p><i>Yogurt Parfait</i></p> <p>Meatball sub Garlic Noodles Broccoli</p>	<p>6</p> <p><i>Bagels & Cream Cheese</i> <small>Parent/Teacher Conference 6-8pm</small></p> <p>Asst: Wraps Ham & Cheese Buffalo Chicken Veggie & Cheese Baked Beans & Veggies</p>	<p>7</p> <p>CONFERENCE DAY NO SCHOOL</p> 
<p>10</p> <p>Columbus Day NO SCHOOL</p>	<p>11</p> <p><i>Assorted Muffins</i></p> <p>Chicken Patty on a Bun Carrots Baked Beans National</p>	<p>12</p> <p><i>Breakfast Pizza</i></p> <p>Brunch for Lunch French Toast Sticks, Eggs Sausage & Juice School</p>	<p>13</p> <p><i>Yogurt & Granola</i></p> <p>Chicken & Biscuit Mashed Potato Broccoli Lunch</p>	<p>14</p> <p><i>Bagel w/Cream Cheese</i></p> <p>Pizza Day Corn Week</p>
<p>17</p> <p><i>Mini Waffles</i></p> <p>Chicken on a Bun Broccoli Tater Tots</p>	<p>18</p> <p><i>Assorted Muffins</i></p> <p>Chicken Taco's Rice BlackBeans Corn </p>	<p>19</p> <p><i>Breakfast Pizza</i></p> <p>Grilled Cheese Tomato Soup Baked beans/Veggie Sticks</p>	<p>20</p> <p><i>Yogurt & Granola</i></p> <p>Turkey & Gravy Mashed Potato Green Beans Dinner Roll</p>	<p>21</p> <p><i>Cinnamon Roll</i></p> <p>French Bread Pizza Day Carrots</p>
<p>24</p> <p><i>Mini Waffles</i></p> <p>Barbecue Chicken on a Bun Broccoli Garlic Noodles</p>	<p>25</p> <p><i>Assorted Muffins</i></p> <p>Chicken Fajita's Rice Corn</p>	<p>26</p> <p><i>Breakfast Pizza</i></p> <p>Make your own Sub Asst: Meats Baked Beans Veggie Sticks</p>	<p>27</p> <p><i>Yogurt & Granola</i></p> <p>Pasta & Meatballs Romaine & Spinach Salad Bread Sticks</p>	<p>28</p> <p><i>Bagel w/Cream Cheese</i></p> <p>Pizza Day Carrots</p>
<p>31</p> <p><i>Mini Waffles</i> </p> <p>HALLOWEENERS Grave Digger Beans Skeleton bones/Spider webs</p>	<p>Pumpkins classify as a fruit, <i>not a vegetable</i></p>  <p>We have gluten free and vegetarian options</p>	  <p>HEALTHY HABITS FOR HEALTHY COMMUNITIES</p>	<p>Daily: Salad Bar Milk 1%, Skim, 1% Choc Fresh Fruit & Fruit Cup Breakfast and lunch FREE</p>	<p>Breakfast must include Fruit or Juice</p> <p>Lunch must include a Fruit or Vegetable Menu subject to change</p>