



NOVEMBER 2022

MILFORD CENTRAL SCHOOL

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
|  | <p>1</p> <p>Asst: Muffins</p> <p>Taco Tuesday Soft or Hard shell Refried Beans Corn</p> | <p>2</p> <p>Yogurt & Graham Crackers</p> <p>Mac & Cheese Broccoli Dinner Roll</p> | <p>3</p> <p>Bagel w/Cream Cheese</p> <p>Barbeque Chicken on a Bun Green Beans Pasta Salad</p> | <p>4</p> <p>Cinnamon Roll</p> <p>Pizza Day Carrots</p> |
| | <p>7</p> <p>Bagel w/Cream Cheese</p> <p>Chicken On a Bun Baked beans Squash</p> | <p>8</p> <p>Asst: Muffins</p> <p>Hamburger/Cheeseburger Oven Baked Fries Green Beans</p> | <p>9</p> <p>Yogurt & Graham Crackers</p> <p>Baked Rotini (No Meat) WG Roll Broccoli</p> | <p>10</p> <p>Mini Waffles</p> <p>BRUNCH FOR LUNCH French Toast Sticks,Sausage Egg Patty,Juice & Carrots</p> |
| <p>14</p> <p>No School Parent Conference Day Prek-5 Parent/Teacher Conference 8am-4pm 6-12 Parent/Teacher Conference 8am-3pm</p> | <p>15</p> <p>Asst: Muffins</p> <p>GRILLED CHEESE Tomato Soup Veggie Sticks</p> | <p>16</p> <p>Breakfast Pizza</p> <p>Pulled Pork on a Bun Tossed Salad Broccoli</p> | <p>17</p> <p>Yogurt & Graham Crackers HOLIDAY MEAL Turkey,Stuffing,Gravy Mashed Potatoes, Green Beans, Yams & Apple Crisp WG Roll</p> | <p>18</p> <p>Mini Waffles</p> <p>Pizza Day Corn</p> |
| <p>21</p> <p>Bagel w/Cream Cheese</p> <p>Make your own Sub Asst: Meats Baked beans Carrots</p> | <p>22</p> <p>Asst: Muffins</p> <p>Chicken Patty on A Bun French Fries Broccoli</p> <p>11:30 Dismissal</p> | <p>23</p> <p>No School</p>  <p>HEALTHY HABITS FOR HEALTHY COMMUNITIES</p> | <p>24</p> <p>No School</p> <p>Fun Fact: Turkey wasn't on the menu at the first Thanksgiving</p>  | <p>25</p> <p>No School</p> <p>Breakfast must include Fruit or Juice Lunch must include fruit or Vegetable</p> <p>Breakfast & Lunch Are free</p> |
| <p>28</p> <p>Bagel w/Cream Cheese</p> <p>Chicken Parm on a Bun Butter Noodles Broccoli</p> | <p>29</p> <p>Asst: Muffins</p> <p>Taco Tuesday Refried Beans Corn</p> | <p>30</p> <p>Yogurt</p> <p>MCS Bowl Mashed Potatoes, Chicken Nuggets, Gravy and Corn WG Roll</p> |  <p>We have Gluten Free & Vegeterian options</p> | <p>Menu Subject to change</p> <p>Daily: 1% ,Choc & Fat Free milk Fresh fruit & Fruit cup Salad Bar & Asst: Sandwiches</p> <p>There is no Salad bar,Snacks or Ice Cream on early dismissal days</p> |