




March 2023

MILFORD CENTRAL SCHOOL

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
<p>Remember: 3 Componets must be on your Tray</p> <p>Breakfast must include Fruit or Juice</p> <p>Lunch must include Fruit or Vegetable</p>	<p>Daily:</p> <p>Skim, 1% & 1% Chocolate Milk</p> <p>Salad bar & Sandwiches</p> <p>Fresh Fruit and Fruit Cup</p> <p>On Early Dismissal there is no Salad Bar or Snacks</p>	<p>Asst: Muffins</p>  <p>Warm Italian Hoagie</p> <p>Sweet Potato Fries</p> <p>Veggie Stix</p>	<p>Green Eggs & Ham</p> <p>Fish Sticks</p> <p>Tater Tots</p> <p>Green Beans</p> <p>Dr. Seuss Birthday</p>	<p>Mini Cinnis</p> <p>Pizza Day</p> <p>Corn</p>
<p>6</p> <p>Breakfast Pizza</p> <p>GRILLED CHEESE</p> <p>Tomato Soup</p> <p>Veggie Sticks</p> <p>National</p>	<p>7</p> <p>French Toast Sticks</p> <p>Taco Tuesday</p> <p>Chicken Or Beef</p> <p>Rice & Corn</p> <p>Blackbeans</p>	<p>8</p> <p>Breakfast Sandwiches</p> <p>Pulled Pork On a bun</p> <p>Coleslaw</p> <p>Carrots</p> <p>Breakfast</p>	<p>9</p> <p>Srambled Eggs &Tater tots</p> <p>CHICKEN & BISCUITS</p> <p>Mashed Potatoes</p> <p>Peas</p>	<p>10</p> <p>Yogurt Parfaits</p> <p>Pizza Day</p> <p>Garden Salad</p> <p>Roasted Broccoli</p> <p>Week</p>
<p>13</p> <p>Breakfast Pizza</p> <p>Chicken on a bun</p> <p>Baked Beans</p> <p>Roasted Broccoli</p>	<p>14</p> <p>SNOW DAY</p> <p>PI Day</p>	<p>15</p> <p>Asst:Muffins</p> <p>Pizza Day</p> <p>Carrots</p>	<p>16</p> <p>Yogurt Parfaits</p> <p>Rotini & Meatballs</p> <p>Garlic Breadsticks</p> <p>Green Beans</p>	<p>17</p> <p>Cinnamon Buns</p> <p>Scalloped & Ham</p> <p>Dinner Roll</p> <p>Peas & Cookie</p> <p>Happy Saint Patricks Day</p>  
<p>20</p> <p>Breakfast on a Stick</p> <p>Turkey</p> <p>Sweedish Meatballs</p> <p>Noodles</p> <p>Carrots</p> <p>International</p>	<p>21</p> <p>Scrambled Eggs with Salsa</p> <p>Mexico</p> <p>Taco's</p> <p>Beef or Chicken</p> <p>Rice, Beans & corn</p>	<p>22</p> <p>Fruity Yogurt</p> <p>Belgium</p>  <p>Belgian Waffle Sticks</p> <p>Assorted toppings</p> <p>Sausage & Egg Patty</p>	<p>23</p> <p>Oatmeal</p> <p>China</p> <p>Sweet & Sour Chicken</p> <p>Rice</p> <p>Broccoli</p>	<p>24</p> <p>Baked Croissant w Fruit</p> <p>Italy</p> <p>Pizza Day</p> <p>Assorted toppings</p> <p>Tossed Salad</p> <p>Week</p>
<p>27</p> <p>Breakfast Pizza</p> <p>Hamburger Or Cheeseburger</p> <p>Sweet Potato Fries</p> <p>Veggie Sticks</p>	<p>28</p> <p>Asst:Muffins</p> <p>Chicken Fajita</p> <p>Rice</p> <p>Black Beans</p> <p>Menu subject to change</p>	<p>29</p> <p>Yogurt Parfait</p> <p>Hot Meatball Subs</p> <p>Tossed Salad</p> <p>Carrots</p> <p>Breakfast & Lunch are</p>	<p>30</p> <p>Bagel & Cream Cheese</p> <p>Chicken & Gravy</p> <p>Mashed Potatoes</p> <p>Garlic Bread</p> <p>Broccoli</p> <p>Free for the 22/23 School year</p>	<p>31</p> <p>Cinnamon Rolls</p> <p>Pizza Day</p> <p>Romaine Salad</p> <p>11:30 Dismissal</p>