

SEPTEMBER

2023

Milford Central School

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p>  <p>HAPPY LABOR DAY</p>	<p>5</p> <p>CONFERENCE DAY</p>	<p>6</p> <p>CONFERENCE DAY</p>	<p>7</p> <p>Bagel w/Cream Cheese</p> <p>Hot Dog Or Hamburger Baked Beans French fries Baby Carrots</p>	<p>8</p> <p>Asst: Muffins</p> <p>Pizza Day  Caesar Salad Roasted Broccoli</p>
<p>11</p> <p>Mini Waffles</p> <p>Chicken Nuggets Pasta Salad Brussel Sprouts</p>	<p>12</p> <p>Blueberry muffins </p> <p>Taco Tuesday Soft or Hard Shell Refried Beans Steamed Corn</p>	<p>13</p> <p>Breakfast Pizza</p> <p>Chicken Patty Tater Tots Steamed Broccoli</p>	<p>14</p> <p>Bagel w/Cream Cheese</p> <p>Pizza Day  Carrots Tossed Salad</p>	<p>15</p> <p>Yogurt w/Granola</p> <p>Au Gratin Potatoes Sliced Ham Green Beans Corn Bread</p>
<p>18</p> <p>Pancakes</p> <p>Hamburger/Cheeseburger French Fries Roasted Cauliflower</p>	<p>19</p> <p>Choc Chip Muffins</p> <p>Chicken Fajitas Refried Beans Steamed Corn</p>	<p>20</p> <p>Breakfast Pizza</p> <p>HAM & CHEESE MELT Coleslaw Broccoli</p>	<p>21</p> <p>Bagel w/Cream Cheese</p> <p>Turkey W/Gravy Mashed Potatoes Green Peas</p>	<p>22</p> <p>Yogurt w/Granola</p> <p>Pizza Day  Carrots Romaine & Spinach Salad</p>
<p>25</p> <p>Waffles </p> <p>PASTA DAY W/ Meatballs Green Beans Dinner Roll</p>	<p>26</p> <p>Asst: Muffins</p> <p>Walking Taco Black Beans Rice</p>	<p>27</p> <p>Breakfast Pizza</p> <p>Brunch for Lunch Pancakes Sausage,Eggs & Juice Carrots</p>	<p>28</p> <p>Bagel w/Cream Cheese</p> <p>Pizza Day  Caesar Salad Roasted Broccoli</p>	<p>29</p> <p>Yogurt w/Granola</p> <p>Make your own Sub Baked Beans Veggie Stix</p>

**September is
National
Fruit and Veggie
Month**

Breakfast must include 3 items:
1 must be a Fruit or Juice
Lunch must include 3 items:
1 must be a Fruit or
Vegetable.

**Students Eat for FREE
2023-2024**

Gluten Free options
No Salad Bar on Early Dismissal



Daily:
Salad Bar, Sandwiches,
Fresh Fruit & Fruit Cup
Fat free, 1% & Choc Milk
Menu Subject to change