







OCTOBER

2023

# Milford Central School

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Mini Waffles</p> <p>Sweet N Sour Pork Rice Carrots</p>	<p>3</p> <p>Assorted Muffins</p> <p>Asst: Wraps Ham &amp; Cheese Buffalo Chicken Veggie &amp; Cheese Baked Beans &amp; Veggies</p>	<p>4</p> <p>Yogurt &amp; Granola</p> <p>Meatball Subs Garlic Noodles Roasted Broccoli</p>	<p>5</p> <p>Breakfast on a Stick OPEN HOUSE 6-7 pm</p> <p>Pizza Day Roasted Cauliflower Green Beans</p>	<p>6</p> <p>CONFERENCE DAY NO SCHOOL</p> 
<p>9</p> <p>Columbus Day NO SCHOOL</p>	<p>10</p> <p>Cinnamon Roll</p> <p>Chicken Tenders Broccoli Baked Beans National</p>	<p>11</p> <p>Breakfast Pizza</p> <p>Pasta &amp; Meatballs Caesar Salad Garlic bread School</p>	<p>12</p> <p>Yogurt &amp; Granola</p> <p>Chicken &amp; Biscuit Mashed Potato Peas Lunch</p>	<p>13</p> <p>Assorted Muffins</p> <p>Pizza Day Tossed Salad Corn Week</p>
<p>16</p> <p>Pancakes</p> <p>Chicken On a Bun Roasted Broccoli Tater Tots</p>	<p>17</p> <p>Assorted Muffins</p> <p>Taco Tuesday Rice Refried Beans Corn</p> 	<p>18</p> <p>Breakfast Pizza</p> <p>Grilled Cheese Tomato Soup Baked beans/Veggie Sticks</p>	<p>19</p> <p>Yogurt &amp; Granola</p> <p>Pizza day Tossed Salad Green Beans</p>	<p>20</p> <p>Assorted Muffins</p> <p>Goulash Carrots &amp; Brussel Sprouts Dinner Roll</p>
<p>23</p> <p>Waffles</p> <p>Chicken Parm Wrap Broccoli Garlic Noodles</p>	<p>24</p> <p>Assorted Muffins</p> <p>Brunch for Lunch Pancakes,Sausage &amp; Eggs Juice &amp; Carrots</p>	<p>25</p> <p>Breakfast on a Stick</p> <p>Hamburger/Cheeseburger French Fries Green Beans</p>	<p>26</p> <p>Bagel w/Cream Cheese</p> <p>Chicken Fajita Refried Beans Steamed corn</p>	<p>27</p> <p>Yogurt &amp; Granola</p> <p>Stromboli Tossed salad Roasted Cauliflower</p>
<p>30</p> <p>Mini Cinni's</p> <p>Swedish Meatballs Noodles Carrots</p>	 <p>31</p> <p>Mini Waffles</p>  <p>HALLOWEENERS Grave Digger Beans Skeleton bones/Spider webs</p>	<p>Gluten free options</p>  	<p>Daily:</p> <p>Salad Bar Milk 1%,Skim,1% Choc Fresh Fruit &amp; 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>



