


NOVEMBER 2023

# MILFORD CENTRAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b> Yogurt &amp; Graham Crackers</p> <p>Baked Rotini Broccoli WG Dinner Roll</p>	<p><b>2</b> Bagel w/Cream Cheese</p> <p>Pizza Day Tossed Salad Carrots</p>	<p><b>3</b> Cinnamon Roll</p> <p>Barbeque Chicken on a Bun Green Beans Pasta Salad</p>
<p><b>6</b> Breakfast on a Stick</p> <p>Mac &amp; Cheese Roasted Broccoli WG Dinner Roll</p>	<p><b>7</b> Asst: Muffins</p> <p>BRUNCH FOR LUNCH French Toast Sticks,Sausage Egg Patty,Juice &amp; Carrots</p>	<p><b>8</b> Yogurt &amp; Graham Crackers</p> <p>Chili Corn Bread Corn</p>	<p><b>9</b> Mini Waffles Veteran's Breakfast</p> <p>French Bread Pizza Caesar Salad Roasted Brussel Sprouts</p>	<p><b>10</b> No School Veteran's Day</p> 
<p><b>13</b> Mini Cinnis</p> <p>Chicken Tenders French Fries Carrots</p>	<p><b>14</b> Bagel &amp; Cream Cheese</p> <p>Taco Tuesday Refried Beans Corn</p>	<p><b>15</b> Breakfast Pizza</p> <p>Sweet N Sour Pork Rice Broccoli</p>	<p><b>16</b> Pumpkin Muffins HOLIDAY MEAL Turkey,Stuffing,Gravy Mashed Potatoes, Green Beans, Yams &amp; Apple Crisp WG Roll</p>	<p><b>17</b> Mini Waffles</p> <p>Pizza Day Corn Pasta Salad</p>
<p><b>20</b> Mini Cinnis</p> <p>Spanish Rice Dinner roll Broccoli</p> <p>11:30 Dismissal</p>	<p><b>21</b> Asst: Muffins</p> <p>French Bread Pizza Caesar Salad Carrots</p> <p>11:30 Dismissal</p>	<p><b>22</b> No School</p> 	<p><b>23</b> No School</p> <p>Fun Fact: Turkey wasn't on the menu at the first Thanksgiving</p> 	<p><b>24</b> No School</p> <p>Breakfast must include Fruit or Juice Lunch must include fruit or Vegetable</p> <p>Breakfast &amp; Lunch Are free</p>
<p><b>27</b> Asst: Muffins</p> <p>Chicken on a bun Tater Tots Broccoli</p>	<p><b>28</b> Bagel &amp; Cream Cheese</p> <p>GRILLED CHEESE Tomato Soup Veggie Sticks</p>	<p><b>29</b> Breakfast Sandwich</p> <p>MCS Bowl Mashed Potatoes, Popcorn Chicken Gravy and Corn WG Roll</p>	<p><b>30</b> Yogurt &amp; Granola</p> <p>Pizza Day Caesar Salad Carrots</p> <p>We have Gluten Free &amp; Vegetarian options</p>	<p>Menu Subject to change</p> <p>Daily: 1% ,Choc &amp; Fat Free milk Fresh Fruit &amp; Fruit cup Salad Bar &amp; Asst: Sandwiches</p> <p>There is no Salad bar,Snacks or Ice Cream on early dismissal days</p>