




January 2024

# MILFORD CENTRAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Welcome Back</b></p> 	<p><b>2</b></p> <p><i>Bagel &amp; Cream Cheese</i></p> <p>Chicken Cordon Bleu Rice Pilaf Carrots</p>	<p><b>3</b></p> <p><i>Pumpkin Muffins</i></p> <p>Hamburger or Cheeseburger French Fries Green Beans</p>	<p><b>4</b></p> <p><i>Peach Smoothie</i></p> <p>Stromboli w Sauce Roasted Broccoli Caesar Salad</p>	<p><b>5</b></p> <p><i>Breakfast on a stick</i></p> <p>Baked Ziti Garlic Bread Brussel Sprouts</p>
<p><b>8</b></p> <p><i>Waffles w Strawberries</i></p> <p>Chicken Patty or Fish Mashed Potatoes Corn</p>	<p><b>9</b></p> <p><i>Bagel &amp; Cream Cheese</i></p> <p>Brunch For Lunch French Toast Sticks,Sausage Eggs,Juice &amp; Carrots</p>	<p><b>10</b></p> <p><i>Yogurt &amp; Breakfast Bar</i></p> <p>Build your own Sub Baked Beans Veggie Sticks</p>	<p><b>11</b></p> <p><i>Breakfast Pizza</i></p> <p>Chicken Alfredo Roasted Broccoli Dinner Roll</p>	<p><b>12</b></p> <p><i>Choc Chip Muffins</i></p> <p><b>11:30 Dismissal</b></p> <p>French Bread Pizza Tossed Salad Cauliflower </p>
<p><b>15</b></p> <p><b>Martin Luther King, Jr. Day</b></p> <p><b>No School</b></p> 	<p><b>16</b></p> <p><i>Mini Waffles</i></p> <p>Chicken Tenders Au GratIn Potatoes Carrots</p>	<p><b>17</b></p> <p><i>Breakfast pizza</i></p> <p>Spanish Rice Dinner Roll Roasted Broccoli</p>	<p><b>18</b></p> <p><i>Srambled Eggs &amp; Hash browns</i></p> <p>Pizza Day Corn Tossed Salad</p>	<p><b>19</b></p> <p><i>Asst: Muffins</i></p> <p>Sweet N Sour Pork Rice Cauliflower</p>
<p><b>22</b></p> <p><i>Waffles W Blueberries</i></p> <p>Grilled Cheese Tomato Soup Veggie Sticks</p>	<p><b>23</b></p> <p><i>Fruit Cocktail Smoothie</i></p> <p>Chicken Fajita Corn Refried Beans</p>	<p><b>24</b></p> <p><i>Breakfast Pizza</i></p> <p>Meatball Sub Garlic Noodles Broccoli</p>	<p><b>25</b></p> <p><i>Yogurt &amp; Grahams</i></p> <p>Chicken &amp; Biscuit Mashed Potato w/Gravy Peas</p>	<p><b>26</b></p> <p><i>Choc Chip Muffins</i></p> <p>Calzone W Sauce Roasted Broccoli Tossed Salad</p>
<p><b>29</b></p> <p><i>Pancakes &amp; Syrup</i></p> <p>Build A Burger French Fries Carrots</p>	<p><b>30</b></p> <p><i>Cinnamon Rolls</i></p> <p>MCS Bowl Dinner Roll Corn</p>	<p><b>31</b></p> <p><i>Breakfast Sandwich</i></p> <p>Chili Corn Bread Broccoli</p>	<p><b>Breakfast and Lunch are free</b></p> <p><i>Breakfast must include</i> Fruit or Juice <i>Lunch must include Fruit</i> or Veggie</p> 	<p><i>Daily:</i> Salad bar,Sandwiches, Fruit cup or Fresh fruit We have gluten free options No snacks or salad bar on early dismissal Menu subject to change</p>