

January 2022

# MILFORD CENTRAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Cinnamon Rolls</b>  Chicken or Fish on a Bun French Fries Peas	<b>4</b> <b>Asst:Muffins</b>  <b>Wrap Day</b> Assorted Wraps Baked Beans Carrots	<b>5</b> <b>Bagel &amp; Cream Cheese</b>  <b>Goulash</b> Green Beans Bread & Butter	<b>6</b> <b>Breakfast Bar</b>  <b>Teriyaki Chicken</b> Rice Oriental Veggies	<b>7</b> <b>Asst:Cereal</b>  <b>Calzones</b> Marinara Sauce Veggie Stix
<b>10</b> <b>Waffles</b>  Barbeque Chicken on a bun Sweet Potato Fries Carrots	<b>11</b> <b>WG Chocolate Muffins</b>  <b>Taco Tuesday</b> Rice, Black Beans Corn	<b>12</b> <b>WG Poptart</b>  <b>Brunch For Lunch</b> Waffles or Bagel Sausage & Egg Patty Applesauce & Juice	<b>13</b> <b>Breakfast Sandwich</b>  <b>Hot Meatball Sub</b> Garlic Noodles Broccoli	<b>14</b> <b>Asst:Cereal</b>  <b>Bag Lunch</b> P & J or Cheese Pretzels,Veggie,Juice <b>11:30 Dismissal</b>
<b>17</b> <b>Martin Luther King,Jr, Day</b>  	<b>18</b> <b>Asst:Muffins</b>  <b>Chicken Nuggets</b> French fries Carrots	<b>19</b> <b>Yogurt</b>  <b>Chicken Parm</b> Spiral Noodles Broccoli	<b>20</b> <b>Bagel &amp; Cream</b>  <b>Mac and Cheese</b> <b>Broccoli</b> <b>Wg Roll</b>	<b>21</b> <b>Asst:Cereal</b>  <b>Pizza Day</b> Corn
<b>24</b> <b>Waffles</b>  <b>Chicken Speedie's</b> Garlic Noodles Carrots	<b>25</b> <b>Asst:Muffins</b>  <b>Sloppy Joe</b> Baked Beans Veggie Stix	<b>26</b> <b>Breakfast Bar</b>  <b>Lasagna</b> Wg Roll Tossed Salad	<b>27</b> <b>Bagel &amp; Cream</b>  <b>Hot Roasted Turkey</b> Mashed Potatoes Broccoli	<b>28</b> <b>Asst:Cereal</b>  <b>Pizza Day</b> Corn
<b>31</b> <b>Waffles</b>  <b>Chicken Alfredo</b> Broccoli WG Roll	 <b>Breakfast &amp; Lunch is Free</b>		<b>Fun Facts:</b>  The world's longest French fry is 34-inches long.  Menu subject to change	<b>Fresh Fruit /Fruit Cup</b> <b>Salad &amp; Sandwiches</b> <b>Cereal &amp; Juice Daily</b> We have Gluten free options Skim,1%white, 1%Choc Milk  

