





March 2022

MILFORD CENTRAL SCHOOL

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<p>Remember: 3 items must be on your Tray</p> <p>Breakfast must include Fruit or Juice</p> <p>Lunch must include Fruit or Vegetable</p>	<p><i>Asst:Muffins</i></p> <p>Fish Nuggets Baked Beans Broccoli</p>	<p>Breakfast Bar</p>  <p>Assorted Subs Ham, Turkey, or Cheese BLT Salad Veggie Stix</p>	<p>Bagel & Cream Cheese</p> <p>Chicken & Gravy Rice Peas WG Roll</p>	<p><i>Asst:Cereal</i></p> <p>Pizza Pepperoni or Cheese Corn</p>
<p>7</p> <p><i>Breakfast Pizza</i></p> <p>GRILLED CHEESE Tomato Soup Veggie Sticks National</p>	<p>8</p> <p><i>French Toast Casserole</i></p> <p>Taco Tuesday Chicken Or Beef Rice & Corn Blackbeans</p>	<p>9</p> <p><i>Yogurt Parfait</i></p> <p>Pulled Pork On a bun Coleslaw Carrots Breakfast</p>	<p>10</p> <p><i>Scrambled Eggs & Tater tots</i></p> <p>CHICKEN & BISCUITS Mashed Potatoes Peas</p>	<p>11</p> <p><i>Cinnamon Buns</i></p> <p>Pizza Day Garden Salad Broccoli Week</p>
<p>14</p> <p><i>Mini Waffles</i></p> <p>Chicken or Fish on a bun Sweet Potato Fries Broccoli</p>	<p>15</p> <p><i>Asst:Muffins</i></p> <p>Bagel Melts Baked Beans Carrots</p>	<p>16</p> <p><i>Yogurt</i></p> <p>Rotini & Meatballs Garlic Breadsticks Green Beans</p>	<p>17</p> <p><i>Bagel w/Cream Cheese</i></p> <p>Roasted Turkey with Gravy Mashed Potato Cauliflower  Dinner Roll</p>	<p>18</p> <p><i>Asst:Cereal</i> Bag Lunch P&J or Cheese Veggies, Juice Pretzels 11:30 Dismissal</p>
<p>21</p> <p><i>Mini Waffles</i> </p> <p>Chicken Nuggets Baked Beans Veggie Sticks</p>	<p>22</p> <p><i>Asst:Muffins</i></p> <p>Nacho's w/ Meat Rice Corn & Black beans</p>	<p>23</p> <p><i>Breakfast Pizza</i></p> <p>Meatball Sub Shredded Mozz Cheese Broccoli</p>	<p>24</p> <p><i>Breakfast Bar</i></p> <p>CHICKEN & BISCUITS Mashed Potatoes Peas</p>	<p>25</p> <p><i>Asst:Cereal</i></p> <p>Pizza Stix Marinara Sauce Veggie Stix</p>
<p>28</p> <p><i>Mini Waffles</i></p> <p>Chicken Or Fish on a bun Sweet Potato Fries Mixed Veggies</p>	<p>29</p> <p><i>Asst:Muffins</i></p> <p>Buffalo Chicken Ham & Cheese wraps Baked Beans Green Beans</p>	<p>30</p> <p><i>Yogurt</i></p> <p>Hamburger/Cheeseburger French Fries Carrots Breakfast & Lunch are</p>	<p>31</p> <p><i>Breakfast Bar</i></p> <p>Mac & Cheese Dinner roll Broccoli Free for the 21/22 school year</p>	<p>Fresh Fruit ,Fruit cup,Salad</p> <p>Assorted Sandwiches</p> <p>1%White & Choc, Fat Free</p> <p>Available Daily</p>  <p>Menu subject to change</p>