










# Milford Central School

SEPTEMBER	2022			
Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b>  <b>HAPPY LABOR DAY</b>	<b>6</b> <i>Assorted Muffins</i> Chicken Patty on a bun French Fries Steamed Broccoli	<b>7</b> <i>Breakfast Pizza</i> Asst: Hot Wraps Ham & Cheese, Buffalo Chicken or Veggie Baked Beans Sweet Carrots	<b>8</b> <i>Yogurt/w Granola</i> Teriyaki Chicken Over Rice Oriental Veggies	<b>9</b> <i>Bagel w/Cream Cheese</i> Pizza Day Corn 
<b>12</b> <i>Mini Waffles</i> Chicken Patty on a Bun Garlic Noodles Roasted Broccoli	<b>13</b> <i>Blueberry muffins</i> Taco Tuesday Soft or Hard Shell Refried Beans Steamed Corn 	<b>14</b> <i>Breakfast Pizza</i> Grilled Cheese Tomato Soup Veggie Sticks	<b>15</b> <i>Waffles</i> Turkey w/Gravy Mashed Potatoes Green Beans WG Dinner roll	<b>16</b> <i>Bagel w/Cream Cheese</i> Pizza Day Carrots 
<b>19</b> <i>Mini Waffles</i> Hamburger/Cheeseburger Veggie Burgers French Fries Roasted Cauliflower	<b>20</b> <i>Choc Chip Muffins</i> Taco Tuesday Soft or Hard Shell Refried Beans Steamed Corn 	<b>21</b> <i>Breakfast Pizza</i> HAM & CHEESE MELT Coleslaw Broccoli	<b>22</b> <i>Pancakes</i> CHICKEN N' BISCUITS Mashed Potatoes Green Peas	<b>23</b> <i>Bagel w/Cream Cheese</i> Pizza Day Carrots 
<b>26</b> <i>Mini Waffles</i>  PASTA DAY W/ Meatballs Green Beans Dinner Roll	<b>27</b> <i>Yogurt w/Granola</i> Taco Tuesday Soft or Hard Shell Refried Beans Steamed Corn 	<b>28</b> <i>Breakfast Pizza</i> Brunch for Lunch Pancakes Sausage, Eggs & Juice Carrots	<b>29</b> <i>Muffins</i> Macaroni & Cheese Roasted Brussel Sprouts Biscuit	<b>30</b> <i>Bagel w/Cream Cheese</i> Pizza Day Broccoli 

**September is  
National  
Fruit and Veggie  
Month**

Breakfast must include 3 items:  
 1 of them must be a fruit or Juice  
 Lunch must include 3 items:  
 1 of them must be a fruit or vegetable.

**Students Eat for FREE  
2022-2023**



**Daily:**  
 Salad Bar, Sandwiches,  
 Fresh Fruit & Fruit Cup  
 Fat free, 1% & Choc Milk  
 Menu Subject to change