

December 2022

# MILFORD CENTRAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>HEALTHY HABITS FOR HEALTHY COMMUNITIES</p> <p>Pajama Day</p>	<p>Jake from State Farm Day Best red shirt and Khakis</p>	 <p><i>Wear a color and support any cause</i></p>	<p>1</p> <p>Bagel w/Cream Cheese Fish Sticks Sweet Potato Fries WG Roll</p> <p>Wear a jersey or dress as though your from New Jersey</p>	<p>2</p> <p>Cinnamon Roll</p> <p>Pizza Day Carrots</p> <p>Class colors Day</p>
<p>5</p> <p>Mini Waffles</p> <p>Chicken On a Bun Baked beans Carrots</p>	<p>6</p> <p>Bagel w/Cream Cheese</p> <p>Baked Potato Assorted Toppings Broccoli</p>	<p>7</p> <p>Yogurt &amp; Graham Crackers</p> <p>Goulash Roasted Brussel Sprouts WG Roll</p>	<p>8</p> <p>Asst: Muffins</p> <p>Hot Turkey w/ Gravy Mashed Potato Green Beans</p>	<p>9</p> <p>Cinnamon Roll</p> <p>Pizza Day Corn</p>
<p>12</p> <p>Mini Waffles</p> <p>Sloppy Joe on a Bun Baked beans Veggie Stix</p>	<p>13</p> <p>Asst: Muffins</p> <p>Taco Tuesday Rice Corn</p>	<p>14</p> <p>Breakfast Pizza</p> <p>Pulled Pork on a Bun Tater Tots Broccoli</p>	<p>15</p> <p>Yogurt Parfaits <b>Happy Vacation Meal</b> Stuffed Shells Roasted Cauliflower Green Beans Garlic Bread/Cookie</p>	<p>16</p> <p>Cinnamon Roll</p> <p>Pizza Day Carrots</p>
<p>19</p> <p>Mini Waffles</p> <p>Hamburger/Cheeseburger Oven Baked Fries Green Beans</p>	<p>20</p> <p>Bagel w/Cream Cheese</p> <p>Taco Tuesday Rice Black Bean &amp; Corn Salad</p>	<p>21</p> <p>Breakfast Pizza</p> <p>Chicken Parm Rotini Broccoli</p>	<p>22</p> <p>Asst: Muffins <b>Enjoy your break</b> <b>11:30 Dismissal</b> Pizza Day Carrots</p>	<p>23</p> <p><b>No School</b> Breakfast must include Fruit or Juice Lunch must include Fruit or Vegetable  <i>Breakfast &amp; Lunch Are free</i></p>
<p>26</p> <p><b>No School</b></p> 	<p>27</p> <p><b>No School</b></p> <p><b>See you next Year</b></p> <p><b>Cyndy,Nancy,Maria &amp; Crystal</b></p>	<p>28</p> <p><b>No School</b></p>  <p>We have Gluten Free &amp; Vegetarian options</p>	<p>29</p> <p><b>No School</b></p> <p>Breakfast must include Fruit or Juice Lunch must include Fruit or Vegetable</p> <p>Breakfast &amp; Lunch Are free</p>	<p>30</p> <p><b>No School</b></p> <p><i>Menu Subject to change</i> Daily:1% ,Choc &amp; Fat Free milk Fresh Fruit &amp; Fruit cup Salad Bar &amp; Asst: Sandwiches There is no Salad bar,Snacks or Ice Cream on early dismissal days</p>