

January 2023

# MILFORD CENTRAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> <b>Welcome Back</b></p> 	<p><b>3</b> <i>Yogurt &amp; Granola</i></p> <p>Mac &amp; Cheese Dinner Roll Steamed Broccoli</p>	<p><b>4</b> <i>French Toast Sticks</i></p> <p>Taco Wednesday Refried Beans Corn</p>	<p><b>5</b> <i>Bagel &amp; Cream Cheese</i></p> <p>Wrap Day Buffalo Chicken, Veggie, Ham+Cheese Veggie Sticks Baked Beans</p>	<p><b>6</b> <i>Muffins</i></p> <p>Pizza Day Carrots</p>
<p><b>9</b> <i>Waffles</i></p> <p>Barbeque Chicken on a Bun French fries Carrots</p>	<p><b>10</b> <i>Bagel &amp; Cream Cheese</i></p> <p>Taco Tuesday Corn Seasoned Rice</p>	<p><b>11</b> <i>Cinnamon Roll</i></p> <p>Ham &amp; Cheese Bagel Melts Yams Broccoli</p>	<p><b>12</b> <i>Breakfast Pizza</i></p> <p>Chicken Alfredo Roasted Broccoli Garlic Bread</p>	<p><b>13</b> <i>Muffins</i></p> <p><b>11:30 Dismissal</b> Pizza Day Tossed Salad</p>
<p><b>16</b> Martin Luther King, Jr. Day <b>No School</b></p> 	<p><b>17</b> <i>Mini Waffles</i></p> <p>Chicken Parm Wrap Baked Beans Carrots</p>	<p><b>18</b> <i>Bagel &amp; Cream Cheese</i></p> <p>Pulled Pork Tater Tots Roasted Broccoli</p>	<p><b>19</b> <i>Yogurt &amp; Grahams</i></p> <p>Roasted Turkey Dinner Mashed Potato &amp; Gravy Roasted Cauliflower&amp;Dinner Roll</p>	<p><b>20</b> <i>Muffins</i></p> <p>Pizza Day Corn</p>
<p><b>23</b> <i>Mini Waffles</i></p>	<p><b>24</b> <i>Cinnamon Roll</i></p> <p>Taco Tuesday Corn Refried Beans</p>	<p><b>25</b> <i>Bagel &amp; Cream Cheese</i></p> <p>Grilled Cheese Tomato Soup Carrots</p>	<p><b>26</b> <i>Yogurt &amp; Grahams</i></p> <p>Fish Sticks Pasta Salad Green Beans Dinner Roll</p>	<p><b>27</b> <i>Muffins</i></p>  <p>Pizza Day Roasted Broccoli</p>
<p><b>30</b> <i>Mini Waffles</i></p> <p>Hamburger/Cheeseburger French Fries Carrots</p>	<p><b>31</b> <i>Asst: Muffins</i></p> <p>MCS Bowl Dinner Roll Corn</p>	<p><i>Breakfast must include Fruit or Juice</i> <i>Lunch must include Fruit or Veggie</i></p>	<p><b>Breakfast and Lunch are free For the 22/23 School Year</b></p>  <p>HEALTHY HABITS FOR HEALTHY COMMUNITIES</p>	<p><i>Daily:</i> Salad bar, Sandwiches, Fruit cup or Fresh fruit We have gluten free options</p> <p>No snacks or salad bar on early dismissal Menu subject to change</p>