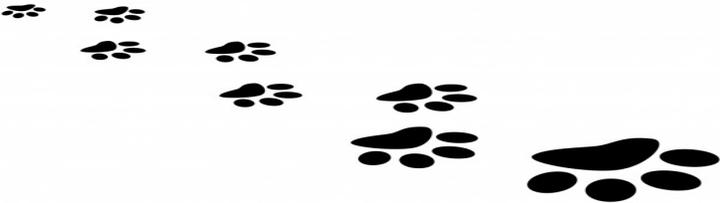
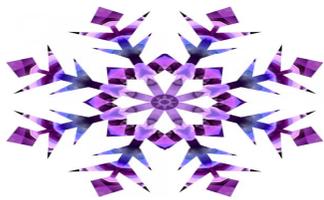


February 2023

# MILFORD CENTRAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 <i>Yogurt &amp; Granola</i></p> <p>Build your own Sub Baked Beans Veggie Sticks</p>	<p>2 <i>Breakfast Pizza</i></p> <p>Lasagna Green Beans Garlic Bread</p>	<p>3 <i>Cinnamon Buns</i></p> <p>Pizza Day</p> <p>Broccoli</p>
<p>6 <i>Muffins</i></p> <p>Chicken On A Bun Tater Tots Veggie Sticks</p>	<p>7 <i>Maple Baked French Toast</i></p> <p>Taco Tuesday Refried Beans Black Beans Corn</p>	<p>8 <i>Breakfast Pizza</i></p> <p>Grilled Cheese Tomato Soup Veggie Sticks</p>	<p>9 <i>Yogurt Parfaits</i></p> <p>Chicken &amp; Biscuit Peas Mashed Potato Gravy</p>	<p>10 <i>Cinnamon Buns</i></p> <p>Pizza Day</p> <p>Roasted Brussel Sprouts</p>
<p>13 <i>Waffles/wStrawberries</i></p> <p>Chicken Parm Wrap Garlic Noodles Green Beans</p>	<p>14 <i>Breakfast Pizza</i> </p> <p>Walking Taco Rice Refried Beans Corn</p>	<p>15 <i>Bagel &amp; Cream Cheese</i></p> <p>Chili Corn Bread Broccoli</p>	<p>16 <i>Yogurt Parfaits</i></p> <p>Pulled Pork on a bun Baked Beans Carrots</p>	<p>17 <i>Breakfast Sandwich</i></p> <p>Pizza Day</p> <p>Roasted Cauliflower <b>11:30 am Dismissal</b></p>
<p>20 <b>ENJOY YOUR</b></p>	<p>21 </p>	<p>22</p>	<p>23 <b>BREAK</b></p>	<p>24 </p>
<p>27 <i>Cinnamon Buns</i></p> <p>Chicken Fajita Seasoned Rice Refried Beans</p>	<p>28 <i>Breakfast Pizza</i></p> <p>Brunch for Lunch French Toast Sticks, Eggs &amp; Sausage Juice &amp; Carrots</p>	<p><b>Daily</b> <i>Milk: Fat Free, 1% white 1% Choc</i></p> <p>Fresh Fruit &amp; Fruit Cup Salad bar and Sandwiches</p> <p>No Snacks or Salad Bar on Early Dismissal</p>	<p><b>Breakfast &amp; Lunch</b> <i>FREE for the School Year 22-23</i></p> <p><b>Breakfast must include Fruit or Juice</b></p> <p><b>Lunch must include Fruit or Veggie</b></p>	 <p>HEALTHY HABITS FOR HEALTHY COMMUNITIES</p> <p>Menu Subject to Change</p>