


February 2019

MILFORD CENTRAL SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk Choices</p> <p>1% White Skim</p> <p>1%Chocolate Fat free Strawberry</p>	 <p>HEALTHY HABITS FOR HEALTHY COMMUNITIES</p>			<p>1</p> <p>Bagel w/Cream cheese</p> <p>PIZZA</p> <p>Pepperoni or cheese</p> <p>Garden Salad/Cookie</p> <p>Fresh Fruit/Fruit Cup</p>
<p>4</p> <p>Mini Pancakes</p> <p>Grilled Cheese</p> <p>Tomato Soup</p> <p>Veggie Sticks</p> <p>Fruit Cup/Fresh Fruit</p>	<p>5</p> <p>Muffins</p> <p>1:00 dismissal</p> <p>Rice Bowl</p> <p>Broccoli</p> <p>Chinese New Year</p> <p>Fruit Cup/Fresh fruit</p>	<p>6</p> <p>Breakfast on a Stick</p> <p>Pasta Day</p> <p>Rotini & Meatballs</p> <p>Toss salad/ Bread Sticks</p> <p>Fresh Fruit/Fruit Cup</p>	<p>7</p> <p>Breakfast Pizza</p> <p>Pulled Pork on a bun</p> <p>Baked Beans</p> <p>Fresh Baby Carrots</p> <p>Fresh Fruit/Fruit Cup</p>	<p>8</p> <p>Bagel w/Cream cheese</p> <p>French Bread</p> <p>Toss Salad</p> <p>Cookie</p> <p>Fresh Fruit/Fruit Cup</p>
<p>11</p> <p>Mini Pancakes</p> <p>Chicken Nuggets</p> <p>Baked Beans</p> <p>Carrots</p> <p>Fresh Fruit/FruitCup</p>	<p>12</p> <p>Breakfast Pizza</p> <p>Buffalo Chicken or Ham & Cheese Wrap</p> <p>Green beans/ French fries</p> <p>Fresh Fruit/Fruit Cup</p>	<p>13</p> <p>Breakfast on a Stick</p> <p>Ziti</p> <p>Garden Salad</p> <p>Garlic bread</p> <p>Fresh Fruit/Fruit Cup</p>	<p>14</p> <p>Breakfast Sandwich</p>  <p>Sub Bar</p> <p>Pasta Salad</p> <p>Broccoli</p> <p>Fresh Fruit/Fruited jello</p>	<p>15</p> <p>Bagel w/Cream cheese</p> <p>Stromboli/W Sauce</p> <p>Pepperoni or Cheese</p> <p>Veggie Stcks</p> <p>Fresh Fruit/Fruit Cup</p>
<p>18</p> <p>Enjoy Your Winter Break</p>				
<p>25</p> <p>Mini Pancakes</p> <p>Chicken/Fish on a Bun</p> <p>Baked Beans</p> <p>Crazy Carrots</p> <p>Fresh Fruit/Fruit Cup</p>	<p>26</p> <p>French Toast Bites</p> <p>Chili</p> <p>Corn Bread</p> <p>Broccoli</p> <p>Fresh Fruit/Fruit Cup</p>	<p>27</p> <p>Breakfast Sandwich</p> <p>Meatball Sub</p> <p>Mozz Cheese</p> <p>Garden Salad</p> <p>Fresh Fruit/Fruit Cup</p>	<p>28</p> <p>Breakfast on a Stick</p> <p>Mac & Cheese</p> <p>Green Beans</p> <p>Bread stick</p> <p>Fresh Fruit/Fruit Cup</p>	<p>Remember 3 items must be on your Tray</p> <p>Breakfast must include Fruit or Juice</p> <p>Lunch must include Fruit or Veggie</p>