

March 2019

MILFORD CENTRAL SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><i>Menu Subject to Change</i></p>	<p>Milk Choices 1% White Skim Fat free Chocolate Fat free Strawberry</p>	<p>Remember 3 items must be on your Tray Breakfast must include Fruit or Juice Lunch must include Fruit or vegetable</p>	 <p>HEALTHY HABITS FOR HEALTHY COMMUNITIES</p>	<p>1 <i>Mini Pancakes</i></p> <p>Pizza Pepperoni/Cheese Corn Fresh Fruit/Fruit Cup</p>
<p>4 <i>Breakfast Pizza</i></p> <p>Chicken or Fish Mixed Veggies Black Bean Salad Fresh Fruit/Fruit Cup</p>	<p>5 <i>Breakfast Sandwich</i> 1:00 Dismissal Baked Ziti Garden Salad Garlic Bread Fresh Fruit/Fruit Cup</p>	<p>6 <i>Fresh Muffin</i></p> <p>BRUNCH FOR LUNCH Sausage & Eggs Juice Baby Carrots Fresh Fruit/Fruit Cup</p>	<p>7 <i>Breakfast on a Stick</i></p> <p>SUB BAR  Pasta Salad Broccoli Fresh Fruit/Fruit Cup</p>	<p>8 <i>Mini Pancakes</i></p> <p>FRENCH BREAD PIZZA Garden Salad Cookie Fresh Fruit/Fruit Cup</p>
<p>11 <i>Breakfast Pizza</i> Meatless Monday GRILLED CHEESE Tomato Soup Veggie Sticks Fresh Fruit/Fruit Cup</p>	<p>12 <i>Breakfast on a Stick</i></p> <p>Bagel Melts Baked Beans Green Beans Fresh Fruit/Fruit Cup</p>	<p>13 <i>Yogurt Parfait</i></p> <p>Rotini & Meatballs Garlic Breadsticks Toss Salad Fresh Fruit/Fruit Cup</p>	<p>14 <i>Bagel w/Cream Cheese</i></p> <p>Roasted Turkey Dinner Mashed Potato & Gravy Broccoli & Dinner Roll Fresh Fruit/Fruit Cup</p>	<p>15 <i>Mini Pancakes</i></p> <p>Pizza Pepperoni or Cheese Corn/ Salad & Cookie Fresh Fruit/Fruit Cup</p>
<p>18 <i>Breakfast Pizza</i></p> <p>Chicken Nuggets Baked Beans Veggie Sticks Fresh Fruit/Fruit Cup</p>	<p>19 <i>Fresh Muffin</i></p> <p>Nacho's w/ meat Brown rice Corn & Black beans Fresh Fruit/Fruit Cup</p>	<p>20 <i>Yogurt Parfait</i></p> <p>CHICKEN & BISCUITS Mashed Potatoes Peas Fresh Fruit/Fruit Cup</p>	<p>21 <i>Breakfast on a Stick</i></p> <p>Meatball Sub Shredded Mozz Cheese Carrots Fresh Fruit/Fruit Cup</p>	<p>22 <i>Mini Pancakes</i></p> <p>FRENCH BREAD PIZZA Veggie Sticks Cookie Fresh Fruit/Fruit Cup</p>
<p>25 <i>Breakfast Pizza</i></p> <p>Rice Bowl Bread Stick Broccoli Fresh Fruit/Fruit Cup</p>	<p>26 <i>Breakfast Sandwich</i></p> <p>Buffalo Chicken Ham & cheese wraps Pasta Salad/Carrots Fresh Fruit/Fruit Cup</p>	<p>27 <i>Fresh Muffin</i></p> <p>Mac & Cheese Dinner roll Green Beans Fresh Fruit/Fruit Cup</p>	<p>28 <i>Breakfast on a Stick</i></p> <p>Cheeseburger on a Bun French Fries Baked Beans Fresh Fruit/Fruit Cup</p>	<p>29 <i>Mini Pancakes</i></p> <p>Pizza Pepperoni/Cheese Garden Salad/Cookie Fresh Fruit/Fruit Cup</p>