



# MILFORD

## Food Services

High School Menu - March 2020

# MARCH IS NATIONAL NUTRITION MONTH



Time to Spring Ahead

### Daily Alternates

*Meals come with:*

*Rainbow Fruit &*

*Vegetable Tray*

*Fat Free & 1% Milk*

### Daily Alternates

Mane Lunch

Cubs Corner

Safari Deli

### Monday, March 2

Whole Muscle Chicken Fritters with Egg Bow Pasta

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Boars Head Deli Offered Daily:  
Buffalo Chicken, Turkey, Ham, Roast Beef Italian Combo, Tuna Chicken Salad

### Tuesday, March 3

Mozzarella Sticks w/ Marinara Sauce & Whole Wheat Penne Pasta  
Fresh Green Beans

Mozzarella Sticks w/ Marinara Sauce & Whole Wheat Penne Pasta  
Clementine's

Boars Head Deli Offered Daily:  
Buffalo Chicken, Turkey, Ham, Roast Beef Italian Combo, Tuna Chicken

### Wednesday, March 4

Build Your Own Burger Bar w/Toppings  
Sweet Potato Fries or Oven Fries  
Mini Carrots

Pizza Bar (Plain, Pepperoni or Vegetable) w/Caesar Salad or Leafy Green Garden Salad  
Mini Carrots

Boars Head Deli Offered Daily:  
Buffalo Chicken, Turkey, Ham, Roast Beef Italian

### Thursday, March 5

**No School!**

**Staff Development Day!**

### Friday, March 6

Teriyaki Chicken Dippers w/Brown Rice  
Potato Crusted Fish on a Whole Grain Bun

Pizza Bar (Plain, Pepperoni or Vegetable) w/Caesar Salad or Leafy Green Garden Salad

Boars Head Deli Offered Daily:  
Buffalo Chicken, Turkey, Ham, Roast Beef Italian Combo, Tuna Chicken Salad

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### Monday, March 9

Firecracker Chicken with Uncle Bens Steamed Brown Rice

Stuffed Shells or Lasagna Rolls with Meatballs, Eggplant Parmesan

Boars Head Deli Offered Daily:  
Buffalo Chicken, Turkey, Ham, Roast Beef Italian Combo, Tuna Chicken Salad

### Tuesday, March 10

Rib-B-Q on a Whole Wheat Roll  
Seasoned Wedges

Greek Flatbread w/ Beef or Chicken Cukes, Tomatoes, Red Onion, Seasoned Wedges, Cucumber Sauce

Boars Head Deli Offered Daily:  
Buffalo Chicken, Turkey, Ham, Roast Beef Italian Combo, Tuna Chicken Salad

### Wednesday, March 11

**Breakfast Only!**

**Conferences Early Dismissal!**

### Thursday, March 12

**Breakfast Only!**

**Conferences Early Dismissal!**

### Friday, March 13

Italian Breadstick Dunkers w/Mozzarella cheese & Marinara Sauce  
Potato Crusted Fish on a Whole Grain Bun

Sal's Pizza Bar w/Caesar Salad or Leafy Green Garden Salad w/ Cucumber, Tomato & Red Onion Salad

Boars Head Deli Offered Daily:  
Buffalo Chicken, Turkey, Ham, Roast Beef Italian Combo, Tuna Chicken Salad

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**Mane Lunch**

**Cubs Corner**

**Safari Deli**

**Monday , March 16**

Riches Pizza Cheese  
Crunchers

*Romaine Lettuce Salad with Grape  
Tomatoes & Cucumbers*

Riches Pizza Cheese  
Crunchers

*Romaine Lettuce Salad with Grape  
Tomatoes & Cucumbers*

Boars Head Deli  
Offered Daily:  
Buffalo Chicken, Turkey,

**Tuesday , March 17**

 *Happy St. Patrick's  
Day!*

Chicken Philly Steak &  
Cheese on a Whole Wheat  
Grinder Roll *Mushrooms  
& Onions*

Chicken Fajitas on a  
Wheat Wrap  
*w/Peppers & Onions*  
Brown Rice

Boars Head Deli:  
*Special:*Corn ed Beef on Rye  
Bread w/ Potato Salad  
*Potato Salad*

**Wednesday , March 18**

Turkey, Ham,  
& Cheese Panini  
w/Tomato Soup  
Apple Slices

Pizza Bar  
(Plain, Pepperoni or Vegetable)  
w/Caesar Salad or Leafy  
Green Garden Salad w/  
Cucumber, Tomato & Red  
Onion  
Apple Slices

Boars Head Deli  
Offered Daily:  
Buffalo Chicken, Turkey,  
Ham, Roast Beef Italian

**Thursday, March 19**

Popcorn Chicken  
Baked Curly Fries  
Pretzel  
Fresh Roasted Veggies

Popcorn Chicken  
Baked Curly Fries  
Pretzel  
Fresh Roasted Veggies

Boars Head Deli  
Offered Daily:  
Buffalo Chicken, Turkey,  
Ham, Roast Beef Italian  
Combo, Tuna Chicken

**Friday , March 20**

Chili w/ Cheddar Cheese  
Tortilla Chips  
Potato Crusted Fish on a  
Whole Grain Bun

Pizza Bar  
(Plain, Pepperoni or Vegetable)  
w/Caesar Salad or Leafy  
Green Garden Salad w/  
Cucumber, Tomato & Red  
Onion

Boars Head Deli  
Offered Daily:  
Buffalo Chicken, Turkey,  
Ham, Roast Beef Italian

**Daily Alternates**

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**Monday , March 23**

Chicken or Cheese  
Quesadillas w/Steamed  
Brown Rice  
*Golden Corn*

Chicken or Cheese  
Quesadillas w/Steamed  
Brown Rice  
*Golden Corn*  
*Romaine Salad Cup*

Boars Head Deli  
Offered Daily:  
Buffalo Chicken, Turkey,  
Ham, Roast Beef Italian  
Combo, Tuna Chicken Salad

**Tuesday , March 24**

General Tso Chicken w/  
Brown Rice  
*Edamame*  
Clementine's

Penne Pasta w/Meat Sauce  
or Marinara Sauce or  
Chicken Alfredo Sauce  
Garlic Knot  
Clementine's

Boars Head Deli  
Offered Daily:  
Buffalo Chicken, Turkey,  
Ham, Roast Beef ,  
Italian Combo,  
Tuna Chicken Salad

**Wednesday , March 25**

Toasted Cheddar Cheese  
with or without Tomato &  
Spinach  
Tomato Soup  
Grapes

Pizza Bar  
(Plain, Pepperoni or Vegetable)  
w/Caesar Salad or Leafy  
Green Garden Salad w/  
Cucumber, Tomato & Red  
Onion  
Grapes

Boars Head Deli  
Offered Daily:  
Buffalo Chicken, Turkey,  
Ham, Roast Beef ,

**Thursday, March 26**

Popcorn Chicken Bowl w/  
Mashed Potatoes, Corn &  
Gravy  
Dinner Roll

Chicken Nachos  
Steamed Brown Rice,  
*Corn*, Black Beans

Boars Head Deli  
Offered Daily:  
Buffalo Chicken, Turkey,  
Ham, Roast Beef ,  
Italian Combo,  
Tuna Chicken Salad

**Friday , March 27**

Meatball Grinder w/  
Marinara Sauce &  
Mozzarella Cheese  
Eggplant Fries  
Potato Crusted Fish on a  
Whole Grain Bun

Pizza Bar  
(Plain, Pepperoni or  
Vegetable)  
w/Caesar Salad or Leafy  
Green Garden Salad w/  
Cucumber, Tomato & Red  
Onion Salad

Boars Head Deli  
Offered Daily:  
Buffalo Chicken, Turkey,

**Daily Alternates**

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**Cubs Corner**

**Safari Deli**

**Monday , March 30**

Whole Muscle Chicken  
Fritters with Egg Bow  
Pasta  
Fresh Broccoli

Whole Muscle Chicken  
Fritters with Egg Bow  
Pasta  
Fresh Broccoli

Boars Head Deli  
Offered Daily:  
Buffalo Chicken, Turkey,  
Ham, Roast Beef Italian  
Combo, Tuna Chicken

**Tuesday , March 31**

Mozzarella Sticks w/  
Marinara Sauce & Whole  
Wheat Penne Pasta  
Fresh Zucchini

Mozzarella Sticks w/  
Marinara Sauce & Whole  
Wheat Penne Pasta  
Fresh Zucchini

Boars Head Deli  
Offered Daily:  
Buffalo Chicken, Turkey,  
Ham, Roast Beef Italian  
Combo, Tuna Chicken

**MILFORD FOOD SERVICES  
DEPOSIT SLIP**

**NAME** \_\_\_\_\_

**ROOM** \_\_\_\_\_

**ID Number** \_\_\_\_\_

**ACCOUNT CASH\$** \_\_\_\_\_

**Check box below to restrict your child's account to  
meals only.**

**I only want my child to purchase meals with this  
account.**