



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

Lawmazing

Fuel Up
Lawmen

Eagle Deli

Monday, March 2

Whole Muscle Chicken
Fritters with Egg Bow
Pasta

Whole Muscle Chicken
Fritters with Egg Bow
Pasta

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

Daily Alternates

Meals come with:

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Lawmen

Eagle Deli

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

Daily Alternates

Meals come with:

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Vegetable Tray

Fat Free & 1% Milk

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Lawmazing

**Fuel Up
Lawmen**

Eagle 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

Meals come with:

Rainbow Fruit &

Vegetable Tray

Fat Free & 1% Milk

Daily Alternates

Lawmazing

**Fuel Up
Lawmen**

Eagle Deli

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

Meals come with:

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Vegetable Tray

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Lawmazing

**Fuel Up
Lawmen**

Eagle 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.**