



## CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF DECEMBER

### Week of Nov. 26 – 30

- Mon – Breakfast: Breakfast Pizza, Cereal, Fruit  
Lunch: Grilled Chicken Pattie or Salisbury Steak,  
Mashed Potatoes, Gravy, Peas, Rolls, Fruit
- Tues – Breakfast: Sausage Patty, Biscuit, Gravy,  
Cereal, Fruit  
Lunch: BBQ Rib Pattie Sandwich or Chicken  
Sandwich, Potato Wedges, Veggie Sticks, Fruit
- Wed – Breakfast: French Toast Sticks, Syrup, Peanut  
Butter, Cereal, Fruit  
Lunch: Beef & Noodles or Hot Ham & Cheese,  
Green Beans, Fruit
- Thurs – Breakfast: Muffins, Cereal, Fruit  
Lunch: Cheese Quesadilla or Chicken Fajita,  
Chili Beans, Salsa, Fruit
- Fri – Breakfast: Scrambles Eggs, Bacon Toast,  
Cereal, Fruit  
Lunch: Turkey & Swiss Sandwich or Hamburger,  
French Fries, Pickles, Fruit

### Week of December 3 - 7

- Mon – Breakfast: Cereal, Toast, Fruit  
Lunch: Corn Dog or BBQ on Bun, Carrot Sticks,  
French Fries, Fruit
- Tues – Breakfast: Hashbrown, Biscuit, Gravy, Cereal  
Lunch: Chicken & Biscuit or Chicken Salad  
Sandwich, Steamed Broccoli, Fruit
- Wed – Breakfast: Waffles, Syrup, Peanut Butter,  
Cereal, Fruit  
Lunch: Hot Dog or Burrito, Tator Tots, Pickle  
Spears, Fruit
- Thurs – Breakfast: Long John, Cereal, Fruit  
Lunch: Baked Potato or Chef Salad, Ham,  
Cheese, Crackers, Fruit
- Fri – Breakfast: Breakfast Burrito, Cereal, Fruit  
Lunch: Chicken Sandwich or Ham & Cheese  
Sandwich, Chips, Pickles, Fruit

Check out our school website  
[www.central.k12.ok.us](http://www.central.k12.ok.us)

This institution is an equal opportunity provider

*MERRY CHRISTMAS & HAPPY NEW YEAR*

### Week of December 10 - 14

- Mon – Breakfast: Breakfast Pizza, Cereal, Toast,  
Fruit  
Lunch: Meatball Sub or Pizza, Corn, Broccoli  
Florets, Fruit
- Tues – Breakfast: Sausage Patty, Gravy, Biscuit,  
Cereal, Fruit  
Lunch: Beef Stew, Chili w/Beans, Potato  
Wedges, Cornbread, Fruit
- Wed – Breakfast: Pancake on a Stick, Syrup, Cereal,  
Fruit  
Lunch: Breaded Chicken Pattie or Grilled  
Chicken Pattie, Rice Pilaf, Green Beans, Bread,  
Fruit
- Thurs – Breakfast: Muffins, Cereal, Fruit  
Lunch: Baked Ham, Turkey & Dressing, Mashed  
Potatoes, Peas & Carrots, Rolls, Fruit
- Fri – Breakfast: Egg Omlet, Toast, Cereal  
Lunch: Hamburger or Toasted Cheese  
Sandwich, French Fries, Pickles, Fruit

### Week of December 17 - 19

- Mon – Breakfast: Hot Cereal or Cereal, Toast, Fruit  
Lunch: Taco Salad, Burrito, Salsa, Chili Beans,  
Fruit
- Tues – Breakfast: Hashbrown, Biscuit, Gravy, Cereal,  
Fruit  
Lunch: Hot Dog or BBQ on Bun, 4c  
Tator Tots, Veggie Sticks, Pickles, Fruit
- Wed – Breakfast: Sausage Biscuit, Cereal, Fruit  
Lunch: Turkey & Swiss or Ham & Cheese  
Sandwich, Chips, Carrot Sticks, Pickles, Fruit

Milk & Juice are served with Breakfast and Lunch  
Salad Bar is offered to 3<sup>rd</sup> – 12<sup>th</sup> Grades at Lunch.

### Reminders for December

- December 4<sup>th</sup> - Winter Band Concert @ 7:00  
December 18<sup>th</sup> - Elementary Christmas  
Program  
Pre-K – Kg @ 6:30  
1<sup>st</sup> – 2<sup>nd</sup> Grades @ 7:00  
3<sup>rd</sup> – 4<sup>th</sup> Grades @ 7:30  
No School for Christmas Break  
December 20, 2018 – January 2, 2019  
See you back January 3, 2019