



CENTRAL HIGH SCHOOL
MENUS FOR THE MONTH OF NOVEMBER

Week of Oct. 29 – Nov. 2

- Mon – Breakfast, Breakfast Pizza, Cereal, Toast, Fruit
Lunch: BBQ on Bun or Rib Pattie Sandwich, Potato Wedges, Veggie Sticks, Fruit
- Tues – Breakfast: Hashbrown Patty, Biscuit, Gravy, Cereal, Fruit
Lunch: Chicken Fajitas or Tacos, Chili Beans, Salsa, Fruit
- Wed – Breakfast: French Toast Sticks, Syrup, Cereal, Fruit
Lunch: Corn Dog or Hot Dog-Chili, Tator Tots, Pickle Spears, Fruit
- Thurs – Breakfast: Muffins, Cereal, Fruit
Lunch: - Burrito or Frito Pie, Corn, Veg Sticks, Salsa, Fruit
- Fri – Breakfast: Scrambled Eggs, Bacon, Toast, Cereal, Fruit
Lunch – Chicken Sandwich or Hamburger, French Fries, Pickles, Chips, Veggie Sticks, Fruit

Week of November 5 - 9

- Mon – Breakfast: Cereal, Toast, Fruit
Lunch; Meat Ball Sub or Pizza, Corn, Broccoli, Fruit
- Tues – Breakfast: Sausage Patty, Biscuit, Gravy, Cereal, Fruit
Lunch: Chili Mac & Cheese or Beans w/Ham, Potato Wedges, Veggie Sticks, Cornbread, Fruit
- Wed – Breakfast: Pancakesw /Syrup, Peanut Butter Cereal, Fruit
Lunch: Tator Tot Casserole or Grilled Chicken Pattie, Rice Pilaf, English Peas, Bread, Fruit
- Thurs- Breakfast: Breakfast Burrito, Salsa, Cereal, Fruit
Lunch: Chicken Fried Steak or Breaded Chicken Pattie, Mashed Potatoes, Gravy, Green Beans, Hot Rolls, Fruit
- Fri – DONUTS WITH DAD
Breakfast: Long Johns, Yogurt, Cereal, Fruit
Lunch: Toasted Cheese or Ham & Cheese Sandwich, Chips, Pickles, Fruit

Week of November 12 – 16

- Mon – Breakfast: Breakfast Pizza, Cereal, Fruit
Lunch: Taco Salad or Burrito, Chili Beans, salsa, Spanish Rice, Fruit
- Tues – Breakfast: Hashbrowns, Biscuits, Gravy, Cereal, Fruit
Lunch: Hot Dog-Chili or BBQ Sandwich, Tator Tots, Pickles Spears, Fruit
- Wed - Breakfast: Pancake on Stick, Syrup, Cereal, Fruit
Lunch: Turkey & Dressing or Baked Ham, Mashed Potatoes, Gravy, Peas & Carrots, Hot Roll, Fruit
- Thurs - Breakfast: Muffins, Cereal, Fruit
Lunch: Chicken Spagetti or Spagetti w/ meat sauce, Green Beans, French Bread, Fruit
- Fri - Breakfast: Bacon/Egg/Cheese Biscuit, Cereal, Fruit
Lunch: Hamburger or Chicken Sandwich, French Fries, Pickles, Fruit

Week of November 19 - 23

- Mon – Breakfast: Cereal, Toast, Fruit
Lunch: Nachos or Taco Soup, Tortilla Chips, Salsa, Veggies, Fruit
- Tues – Breakfast: Sausage Biscuit, Cereal, Fruit
Lunch: Ham & Cheese Sandwich or Turkey & Swiss Sandwich, Chips, Carrot Sticks, Pickles, Fruit
- Wed – THANKSGIVING HOLIDAY
- Thurs – THANKSGIVING HOLIDAY
- Fri – THANKSGIVING HOLIDAY
- Milk & Juice are served with Breakfast & Lunch
Choice of Entrée - Grades PK - 12
Fruit & Veggie Bar offered to grades 3 – 12

This institution is an equal opportunity provider

Check out our school website
www.central.k12.ok.us