



## CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF AUGUST

### Week of August 15 - 16

Thurs. – Breakfast: Cereal, Toast, Jelly, Fruit  
Lunch: Chicken Sandwich or Ham & Cheese Sandwich, Chips, Pickles, Pork&Beans, Fruit

Fri- Breakfast: Long John or Cereal & Toast, Yogart, Fruit  
Lunch: Pizza or Toasted Cheese Sandwich, Corn, Broccoli Florets, Fruit

### Week of August 19 - 23

Mon – Breakfast: Cereal, Toast, Fruit  
Lunch: Taco Salad or Burrito, Salsa ,Chili Beans, Tortilla Chips, Fruit

Tues – Breakfast: Sausage, Biscuit, Gravy or Cereal & Toast, Fruit  
Lunch: Hot Dog w, Chili or Ham & Cheese Sandwich, Tator Tots, Pickle Spear, Fruit

Wed – Breakfast: Waffles, Syrup, Peanut Butter, Cereal, Fruit  
Lunch: Chicken Pattie or Grilled Chicken Pattie, Rice Pilaf, Green Beans, Bread, Fruit

Thurs – Breakfast: Long John or Cereal & Toast, Yogart, Fruit  
Lunch: Corn Dog or Barbeque on Bun, French Fries, Fruit

Fri – Breakfast: Breakfast Burrito, or Cereal & Toast, Salsa, Fruit  
Lunch: Chicken Sandwich or Turkey & Swiss Sandwich, Chips, Lettuce/Tomato/Pickles, Fruit

### Week of August 26 - 30

Mon – Breakfast: Breakfast Pizza or Cereal & Toast, Fruit  
Lunch: Nachos or Pizza, Broccoli, Salsa, Fruit

Tues – Breakfast: Sausage Pattie, Biscuit, Gravy or Cereal & Toast, Fruit  
Lunch: BBQ Rib Pattie or Meat Ball Sub, Potato Wedges, Pickle Spears, Fruit

Wed – Breakfast: French Toast Sticks w Syrup or Cereal & Toast, Fruit  
Lunch, Salisbury Steak or Grilled Chicken, Mashed Potatoes, Gravy, Peas, Bread, Fruit

Thurs - Breakfast: Muffin or Cereal & Toast, Fruit  
Lunch: Chicken Fajitas or Cheese Quesdilla, Chili Beans, Salsa, Fruit

Fri – Breakfast: Bacon, Egg & Cheese Biscuit or Cereal & Toast, Fruit  
Lunch: Hamburger or Turkey & Swiss Sandwich, French Fries, Pickles, Fruit

*Milk and Juice are served with Breakfast & Lunch*

*This institution is an equal opportunity employer*

*For more info check out the school website @  
[www.central.k12.ok.us](http://www.central.k12.ok.us)*