



## CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF MAY

### Week of April 29 – May 3

- Mon – Breakfast: Cereal or Oatmeal, Toast, Fruit  
Lunch: Stromboli or Pizza , Corn, Broccoli Florets, Fruit
- Tues – Breakfast: Sausage Patty , Biscuit, Gravy, Cereal, Fruit  
Lunch: Hot Ham & Cheese Sandwich or Turkey and Swiss Sandwich, Sweet Potato Fries, Pickles, Fruit
- Wed – Breakfast: Muffins or Cereal & Toast, Fruit  
GRADE SCHOOL TRACK MEET  
Lunch: Hamburgers or Hot Dogs, Chips, pickles, Fruit
- Thurs – Breakfast: Egg Omlet or Cereal, Toast, Fruit  
Lunch: BBQ Rib Pattie or Barbeque on Bun, Potato Wedges, Spears, Fruit
- Fri – NO SCHOOL

### Week of May 6 - 10

- Mon – Breakfast: Oatmeal or Cereal, Toast, Fruit  
Lunch: Nachos or Taco Salad, Tortilla Chips, Chili Beans, Salsa, Fruit
- Tues – Breakfast: Ham & Cheese Biscuit or Cereal & Toast, Fruit  
Lunch: Beef & Noodles or Chili Mack & Cheese, Green Beans, Veggie Sticks, Bread, Fruit
- Wed – Breakfast: Long John or Cereal & Toast, Yogart, Fruit  
Lunch: Meatball Sub or Pizza, Corn , Broccoli Florets, Fruit
- Thurs – Breakfast: Scrambled Eggs and Bacon or Cereal, Toast, Fruit  
Lunch: Hamburger or Turkey & Swiss Sandwich, Sweet Potato Fries, Pickles, Fruit
- Fri – NO SCHOOL

### Week of May 13 - 17

- Mon – Breakfast: Cook's Choice, Cereal  
Lunch: Chicken Wrap or Chicken Fajitas, Blackeyed Peas, Salsa, Fruit
- Tues - Breakfast: Cook's Choice, Cereal  
Lunch: Cook's Choice, Fruit
- Wed - Breakfast: Cook's Choice, Cereal, Fruit  
Lunch: Cook's Choice, Fruit
- Thurs - Breakfast: Cook's Choice, Cereal  
Lunch: Cook's Choice, Fruit
- Fri - HAVE A WONDERFUL SUMMER



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