



CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF APRIL

Week of April 1 - 5

- Mon – Breakfast: Breakfast Pizza, Cereal, Fruit
Lunch: Breaded Chicken Pattie or Salisbury Steak, Mashed Potatoes, Gravy, Peas, Hot Rolls, Fruit
- Tues – Breakfast: Sausage, Biscuits, Gravy, Cereal, Fruit
Lunch: Rib Pattie or Grilled Chicken Sandwich, Veggie Sticks, Potato Wedges, Fruit
- Wed – Breakfast: French Toast Sticks, Syrup, Cereal, Fruit
Lunch: Beef & Noodles or Macaroni & Cheese, Green Beans, Bread Sticks, Fruit
- Thurs – Breakfast: Muffins, Cereal, Fruit
Lunch: Chicken Fajitas or Tacos, Chili Beans, Salsa, Fruit
- Fri- Breakfast: Egg Omlet or Cereal & Toast,
Lunch: Turkey & Swiss Sandwich or Hamburger, Fries, Pickles , Fruit.

Week of April 15 - 19

- Mon – Breakfast: Breakfast Pizza or Cereal and Toast, Fruit
Lunch: Beef Stew or Chili w/Beans, Potato Wedges, Broccoli Florets, Cornbread, Fruit
- Tues – Breakfast: Sausage, Biscuit & Gravy or Cereal and Toast, Fruit
Lunch: Chicken Pattie Breaded or Grilled, Rice Pilaf, Green Beans, Veggie Sticks, Bread, Fruit
- Wed - Breakfast: Waffles w/Syrup, Peanut Butter or Cereal & Toast, Fruit
Lunch: Frito Pie w/Breadsticks or Corn Dog, Salad, Corn, Fruit
- Thurs – Breakfast: Breakfast Burrito or Cereal & Toast, Fruit
Lunch: Hamburger or Toasted Cheese Sandwich, French Fries, Pickles, Fruit
- Fri - NO SCHOOL

Week of April 8 - 12

- Mon – Breakfast: Cereal or Oatmeal, Toast, Jelly, Fruit
Lunch: Nachos or Taco Salad, Tortilla Chips, Chili Beans, Salsa, Fruit
- Tues – Breakfast: Ham & Cheese Biscuit or Cereal & Toast, Fruit
Lunch: Chicken Wrap or Chicken Salad Sandwich, French Fries, Fruit
- Wed – Breakfast: Pancake w /Syrup or Cereal & Toast, Fruit
Lunch: Hot Dog w Chili, or Burrito, Tator Tots, Pickle Spears, Fruit
- Thurs – Breakfast: Long John or Cereal & Toast, Fruit
Lunch: Baked Potato or Chef Salad, Ham, Cheese, Breadsticks, Fruit
- Fri - Breakfast: Scrambled Eggs, Bacon or Cereal, Toast, Fruit
Lunch: Chicken Sandwich or Ham & Cheese Sandwich, Lettuce, Tomatoes , Pickles, Chips, Fruit

Week of April 22 - 26

- Mon – Breakfast: Hot Cereal or Cereal, Toast, Fruit
Lunch: Taco Salad or Burrito, Salsa, Spanish Rice, Chili Beans, Fruit
- Tues – Breakfast: Sausage, Biscuit & Gravy or Cereal & Toast, Fruit
Lunch: Hot Dog w/chili or Barbecue on Bun, Tator Tots, Pickle Spear, Fruit
- Wed – Breakfast: Long John or Cereal & Toast, Yogart, Fruit
Lunch: Spaghetti or Chicken Spaghetti, Green Beans, Veggie Sticks, Breadsticks, Fruit
- Thurs – Breakfast: Bacon, Egg & Cheese Biscuit or
Lunch: Chicken Sandwich or Hot Ham & Cheese Sandwich, Pickles, Chips, Pork & Beans, Fruit
- Fri - NO SCHOOL

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

Check out the school website @ www.central.k12.ok.us

This institution is an equal opportunity employer.