



## CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF FEBRUARY

### Week of Jan. 28– Feb. 1

- Mon – Breakfast: Oatmeal or Cereal, Toast, Fruit  
Lunch: Corn Dog or Barbeque on Bun, Carrot Sticks, Fries, Fruit
- Tues – Breakfast: Sausage, Biscuit, Gravy or Cereal, Fruit  
Lunch: Chicken & Biscuit or Chili Mac & Cheese, Broccoli, Fruit
- Wed – Breakfast: Waffles, Syrup, Peanut Butter or Cereal, Fruit  
Lunch: Taco Burger W/Cheese or Burrito, Tator Tots, Pickle Spears, Fruit
- Thurs – Breakfast: Long John or Cereal, Fruit  
Lunch: Baked Potato or Chef Salad, Ham, Cheese, Bread Sticks, Fruit
- Fri – Breakfast: Breakfast Burrito, Salsa, Cereal, Fruit  
Lunch: Chicken Salad Sandwich, or Hot Ham and Cheese, Sweet Potato Fries, Pickles, Fruit

### Week of February 4 -8

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

### Week of February 11 - 15

- Mon – Breakfast: Hot Cereal or Cereal Toast, Jelly, Fruit  
Lunch: Nachos or Taco Salad, Tortilla Chips, Salsa, Chili Beans, Carrot Sticks, Fruit
- Tues – Breakfast: Ham & Cheese Biscuit or Cereal, Fruit  
Lunch: Chicken Wraps or Chicken Salad Sandwich, French Fries, Fruit
- Wed – Breakfast: Pancakes, Syrup, Peanut Butter or Cereal, Fruit  
Lunch: Hot Dog w/ Chili or Burrito, Tator Tots, Pickle Spears, Fruit
- Thurs – Breakfast: Muffin or Cereal, Fruit  
Lunch: Baked Potato or Chef Salad, Ham, Cheese, Bread Sticks, Fruit
- Fri - Breakfast: Scrambled Eggs, Bacon, Toast or Cereal, Fruit  
Lunch: Chicken Sandwich or Ham & Cheese Sandwich, Whole Grain Chips, Pickles, Fruit

### Week of February 18 - 22

- Mon – NO SCHOOL
- Tues – Breakfast: Sausage Biscuit, Jelly, Cereal, Fruit  
Lunch: Beef Stew or Chili w/Beans, Potato Wedges, Broccoli Floretts, Cornbread, Fruit
- Wed – Breakfast: Waffles, Syrup, Peanut Butter or Cereal, Fruit  
Lunch: Breaded Chicken or Grilled Chicken Pattie, Mashed Potatoes, Gravy, Broccoli, Hot Rolls, Fruit
- Thurs – Breakfast: Long John, Cereal, Fruit  
Lunch: Frito Pie, Breadsticks, or Corn Dog, Corn, Veg. Sticks, Fruit
- Fri - Breakfast: Breakfast Burrito or Cereal, Fruit  
Lunch: Hamburger or Toasted Cheese Sandwich, French Fries, 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

This institution is an equal opportunity provider.

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