



## CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF JANUARY

### Week of December 31 – January - 4

Mon - NO SCHOOL

Tues – NO SCHOOL

Wed – NO SCHOOL

Thurs – Breakfast: Oatmeal, Cereal, Fruit  
Lunch: Corn Dog or BBQ on Bun, French Fries,  
Carrot Sticks, Fruit

Fri - Breakfast: Sausage Biscuit, Cereal, Fruit  
Lunch: Chicken Sandwich or Hot Ham & Cheese  
Sandwich, Chips, Veg. Beans, Pickles, Fruit

### Week of January 7 - 11

Mon – Breakfast: Breakfast Pizza, Cereal, Fruit  
Lunch: Meat Ball Sub .or Pizza, Corn, Broccoli  
Florets, Fruit

Tues – Breakfast: Hash Brown, Biscuit, Gravy, Cereal,  
Fruit  
Lunch: Hot Dog, chili or Beef Stew, Potato  
Wedges, Carrot Sticks, Fruit

Wed – Breakfast: French Toast Sticks w/Syrup, Cereal,  
Fruit  
Lunch: Rib Pattie or Grilled Chicken Pattie, Rice  
Pilaf, Green Beans, Veggie Sticks, Bread, Fruit

Thurs – Breakfast: Muffins, Cereal, Fruit  
Lunch: Chicken Sandwich or Ham & Cheese  
Sandwich, Sweet Potato Fries, Fruit

Fri – Breakfast: Bacon, Egg & Cheese Biscuit,  
Cereal, Fruit  
Lunch: Hamburger or Chicken Wrap, Chips,  
Pickles, Veg. Beans, Pickles, Fruit

### Week of January 14 - 18

Mon – Breakfast: Breakfast Pizza, Cereal, Fruit  
Lunch: Taco Salad or Taco Soup, Tortilla Chips,  
Veggie Sticks, Fruit

Tues – Breakfast: Sausage Biscuit, Cereal, Fruit  
Lunch: Stromboli or Pizza, Corn, Broccoli Florets,  
Fruit

Wed – Breakfast: Pancake on Stick, Cereal, Fruit  
Lunch: Tator Tot Casserole or Grilled Chicken  
Sandwich, Green Beans, Bread, Fruit

Thurs – Breakfast: Egg Omlet, Toast, Cereal, Fruit  
Lunch: Frito Pie or Chicken Fajitas, Salsa,  
Blackeyed Peas, Fruit

Fri – Breakfast: MORNING WITH MOM,  
Long Johns, Yogart, Cereal, Fruit  
Lunch: Burrito or Ham & Cheese Sandwich,  
French fries, Pickles, Fruit

### Week of January 21 - 25

Mon – NO SCHOOL

Tues – Breakfast: Ham & Cheese Biscuit, Cereal, Fruit  
Lunch: Cheese Quesadilla or Taco, Chili Beans,  
Salsa, Fruit

Wed – Breakfast: Pancakes, Syrup, Cereal, Fruit  
Lunch: Breaded Chicken Pattie or Chicken Fried  
Steak Mashed Potatoes, Gravy, English Peas,  
Hot Roll, Fruit

Thurs – Breakfast: Muffins, Cereal, Fruit  
Spaghetti or Chicken Spaghetti, Green Beans,  
Broccoli Florets, Bread Sticks, Fruit

Fri – Breakfast: Scrambled Eggs, Bacon, Toast,  
Cereal, Fruit  
Lunch: Hamburger or Turkey & Swiss Sandwich,  
French Fries, Carrot Sticks, Pickles, Fruit

This institution is an equal opportunity provider.

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

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