



CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF MARCH

Week of Feb 25 – March 1

- Mon – Breakfast: Breakfast Pizza or Cereal & Toast, Fruit
Lunch: Taco Salad, or Burrito, Spanish Rice, Salsa, Chili Beans, Fruit
- Tues – Breakfast: Sausage, Biscuit, Gravy or Cereal & Toast, Fruit
Lunch: Hot Dog w/Chili or Ham & Cheese Sandwich, Tator Tots, Spears, Fruit
- Wed – Breakfast: Pancake on Stick or Cereal & Toast, Fruit
Lunch: Turkey & Swiss or Toasted Cheese Sandwich, Chips, Carrot Sticks, Fruit
- Thurs – Breakfast: Muffins or Cereal & Toast, Fruit
Lunch: Corn Dog or BBQ on Bun, French Fries, Fruit
- Fri – Breakfast: Egg Omlet or Cereal & Toast, Fruit
Lunch: Chicken Sandwich, or Hot Ham and Cheese, Sweet Potato Fries, Pickles, Fruit

Week of March 4 - 8

- Mon – Breakfast: Oatmeal or Cereal, Toast, Fruit
Lunch: Meat Ball Sub or Pizza, Corn, Broccoli Florets, Fruit
- Tues – Breakfast: Sausage, Biscuit, Gravy or Cereal & Toast, Fruit
Lunch: Hot Dog w/ Chili or Beans w/ Ham, Potato Wedges, Spears, Cornbread, Fruit
- Wed – Breakfast: Waffles, Syrup, Peanut Butter or Cereal & Toast, Fruit
Lunch: Rib Pattie or Grilled Chicken Pattie, Rice Pilaf, Green Beans, Veggie Sticks, Bread, Fruit
- Thurs – Breakfast: Long Johns or Cereal & Toast, Fruit
Lunch: Chicken Fajitas or Cheese Quesdilla, Chili Beans, Salsa, Fruit
- Fri - Breakfast: Breakfast Burrito, or Cereal & Toast, Fruit
Lunch: Turkey & Swiss Sandwich or Hamburger, French Fries, Pickles, Fruit

Week of March 11 - 15

- Mon – Breakfast: Breakfast Pizza or Cereal & Toast, Jelly, Fruit
Lunch: Taco Salad or Taco Soup, Tortilla Chips, Salsa, Chili Beans, Carrot Sticks, Fruit
- Tues – Breakfast: Sausage Pattie, Gravy, Biscuit or Cereal & Toast, Fruit
Lunch: Stromboli or Pizza, Corn, Broccoli, Fruit
- Wed – Breakfast: French Toast Sticks, Syrup, or Cereal & Toast, Fruit
Lunch: Tator Tot Casserole or Turkey & Swiss Sandwich, Green Beans, Veggie Sticks, Fruit
- Thurs – Breakfast: Muffin or Cereal & Toast, Fruit
Lunch: Frito Pie or Chicken Fajitas, Blackeyed Peas, Breadsticks, Fruit
- Fri - NO SCHOOL

Week of March 18 - 22

HAVE A WONDERFUL SPRING BREAK !!

Week of March 25 - 29

- Mon – Breakfast: Breakfast Pizza or Cereal & Toast, Fruit
Lunch: Corn Dog or BBQ on Bun, French Fries, Carrot Sticks, Fruit
- Tues – Breakfast: Sausage Biscuit, or Cereal & Toast, Fruit
Lunch: Chicken & Biscuit or Chili Mac & Cheese, Steamed Broccoli, Fruit
- Wed – Breakfast: Pancake on Stick, Syrup, or Cereal & Toast, Fruit
Lunch: Taco Burger or Burrito, Tator Tots, Pickle Spear, Fruit
- Thurs – Breakfast: Long John or Cereal & Toast, Fruit
Lunch: Baked Potato or Chef Salad, Ham, Cheese, Breadsticks, Fruit
- Fri - Breakfast: Bacon, Egg, & Cheese Biscuit or Cereal & Toast, Fruit
Lunch: Chicken Sandwich or Ham & Cheese Sandwich, Chips, Baked Beans, Pickles, Fruit

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

This institution is an equal opportunity provider.

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