



## CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF AUGUST

### Week of August 16-18

Thurs. – Breakfast: Cereal, Toast, Jelly, Fruit  
Lunch: Pizza, Corn, Broccoli, Fruit

Fri- Breakfast: Sausage Biscuit, Cereal & Toast,  
Fruit  
Lunch: Ham & Cheese Sandwich, Chips,  
Tomatoes, Pickles, Fruit

### Week of August 20-24

Mon – Breakfast: Cereal, Toast, Fruit  
Lunch: BBQ Sandwich, Potato Wedges,  
Pickle Spears, Fruit

Tues – Breakfast: Sausage, Biscuit, Gravy, Cereal,  
Fruit  
Lunch: Taco Salad, Chili Beans, Salsa, Fruit

Wed – Breakfast: Waffles, Syrup, Peanut Butter,  
Cereal, Fruit  
Lunch: Corn Dog, Carrot Sticks, Baked Beans,  
Fruit

Thurs – Breakfast: Long John, Cereal, Fruit  
Lunch: Turkey & Swiss Sandwich, Chips, Veg.  
Sticks, Fruit

Fri – Breakfast: Breakfast Burrito, Salsa, Cereal, Fruit  
Lunch: Chicken Sandwich, Tots,  
Lettuce/Tomato/Pickles, Fruit

### Week of August 27-31

Mon – Breakfast: Breakfast Pizza, Cereal, Fruit  
Lunch: Chicken Fajitas, Refried Beans, Salsa,  
Fruit

Tues – Breakfast: Hashbrown Pattie, Biscuit, Gravy,  
Cereal, Fruit  
Lunch: Pizza, Broccoli Florets Corn, Fruit

Wed – Breakfast: Pancake on Stick, Syrup, Cereal,  
Fruit  
Lunch: Salisbury Steak, Mashed Potatoes,  
Gravy, English Peas, Bread, Fruit

Thurs - Breakfast: Muffin, Cereal, Fruit  
Lunch: Hot Dog on Bun, Tots, Pickle Spears,  
Fruit

Fri – Breakfast: Bacon, Egg & Cheese Biscuit,  
Cereal, Fruit  
Lunch: Hamburger, French Fries, Pickles, Fruit

Milk and Juice are served with Breakfast & Lunch

This institution is an equal opportunity employer

Check out the schools website

[www.central.k12.ok.us](http://www.central.k12.ok.us)