



## CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF FEBRUARY

### Week of February 3 - 7

- Mon – Breakfast: Breakfast Pizza or Cereal & Toast, Fruit  
Lunch: Taco Salad or Taco Soup, Tortilla Chips, Broccoli Florets, Fruit
- Tues – Breakfast: Sausage, Biscuit, Gravy or Cereal, Fruit  
Lunch: Beef & Noodles or Tator Tot Casserole, Green Beans, Carrot Sticks, Bread, Fruit
- Wed – Breakfast: French Toast Sticks, Syrup or Cereal, Fruit  
Lunch: Salisbury Steak or Grilled Chicken Pattie, Mashed Potatoes, Gravy, Peas, Hot Rolls, Fruit
- Thurs – Breakfast: Muffins or Cereal & Toast, Fruit  
Lunch: Pig in a Blanket or BBQ Rib Pattie Sandwich, Wedges, Fruit
- Fri - Breakfast: Bacon/Egg/Cheese Biscuit or Cereal & Toast, Fruit  
Lunch: Hamburger or Turkey & Swiss Sandwich, French Fries, Pickles, Fruit

### Week of February 10 - 14

- Mon – Breakfast: Hot Cereal or Cereal, Toast, Jelly, Fruit  
Lunch: Toasted Cheese Sandwich or Ham & Cheese Sandwich, Tomato Soup, French Fries, Carrots, Fruit
- Tues – Breakfast: Sausage, Biscuits & Gravy or Cereal & Toast, Fruit  
Lunch: Chicken Fajitas or Cheese Quesdillas, Chili Beans, Salsa, Fruit
- Wed – Breakfast: Pancakes on a Stick w/syrup, Peanut Butter or Cereal & Toast, Fruit  
Lunch: Chicken Pattie or Chicken Fried Steak, Mashed Potatoes, Gravy Peas & Carrots, Rolls
- Thurs – Breakfast: Long John or Cereal & Toast, Fruit  
Lunch: Hot Dog w/chili or Burrito, Potato Wedges, Fruit
- Fri - Breakfast: Egg Omlet or Cereal & Toast, Fruit  
Lunch: Hamburger or Turkey & Swiss Sandwich, Whole Grain Chips, Pickles, Fruit

### Week of February 17 - 21

- Mon – NO SCHOOL
- Tues – Breakfast: Sausage Biscuit or Cereal & Toast, Fruit  
Lunch: Meatball Submarine Sandwich or Pizza, Corn, Carrot Sticks, Fruit
- Wed – Breakfast: Pancakes W Syrup or Cereal & Toast, Peanut Butter, Fruit  
Lunch: Rib Pattie or Grilled Chicken Pattie, Rice Pilaf, Green Beans, Bread, Fruit
- Thurs – Breakfast: Muffins or Cereal & Toast, Fruit  
Lunch: Corn Dog or Barbeque on Bun, French Fries, Pickles, Fruit
- Fri - Breakfast: Scrambled Eggs, Bacon, Toast or Cereal & Toast, Fruit  
Lunch: Chicken Sandwich or Hot Ham & Cheese Sandwich, Chips, Pickles, Baked Beans, Fruit

### Week of February 24 – 28

- Mon - Breakfast: Oatmeal or Cereal, Toast, Jelly, Fruit  
Lunch: Taco Salad or Nachos, Salsa, Chili Beans, Veggie Sticks, Fruit
- Tues - Breakfast: Sausage, Biscuits, Gravy, or Cereal & Toast, Fruit  
Lunch: Pizza or Stromboli, Corn, Broccoli Florets, Fruit
- Wed - Breakfast: Waffles & Syrup or Cereal & Toast, Peanut Butter, Fruit  
Lunch: Frito Pie or Chili Mac, Green Beans, Breadsticks, Fruit
- Thurs – Breakfast: Long John or Cereal & Toast, Yogart, Fruit  
Lunch: Grilled Chicken Sandwich or Corn Dog, Carrot sticks, Baked Beans, Fruit
- Fri - Breakfast Burrito or Cereal & Toast, Salsa, Fruit  
Lunch: Hamburger or Chicken Wrap, French Fries, Pickles, Fruit

Milk & Juice are served with Breakfast & Lunch  
Salad Bar is offered 3<sup>rd</sup> – 12<sup>th</sup> grade

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

This institution is an equal opportunity provider