



## CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF JANUARY

### Week of January 1 - 5

Mon – NO SCHOOL

Tues – NO SCHOOL

Wed – Breakfast: Cereal, Toast, Fruit  
Lunch: Corn Dogs, Carrot Sticks, Baked Beans, Fruit

Thurs – Breakfast: Long John, Cereal, Fruit  
Lunch: Chicken Fajitas, Chili Beans, Salsa, Fruit

Fri - Breakfast: Sausage Biscuit, Cereal, Fruit  
Lunch: Chicken Sandwich Tator Tots, Pickles, Fruit

### Week of January 8 - 12

Mon – Breakfast: Breakfast Pizza, Cereal, Fruit  
Lunch: Barbecue on Bun, Potato Wedges, Veggie Sticks, Fresh Fruit

Tues – Breakfast: Hash Brown, Biscuit, Gravy, Cereal, Fruit  
Lunch: Pizza, Corn, Carrot Sticks, Fruit

Wed – Breakfast: French Toast Sticks w/Syrup, Cereal, Fruit  
Lunch: Grilled Chicken Pattie, Mashed Potatoes, Gravy, English Peas, Hot Roll, Fruit

Thurs – Breakfast: Muffins, Cereal, Fruit  
Lunch: Beef & Noodles, Green Beans, Broccoli Florets, Bread, Fruit

Fri – Breakfast: Scrambled Eggs, Bacon, Toast, Cereal, Fruit  
Lunch: Hamburger, French Fries, Pickles, Fruit

### Week of January 15 - 19

Mon – NO SCHOOL – Professional Day

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

Wed – Breakfast: Waffles w/ Syrup, Cereal, Fruit  
Lunch: Chicken and Biscuit, Broccoli Florets, Fruit

Thurs – Breakfast: Breakfast Burrito, Cereal, Fruit  
Lunch: Toasted Cheese Sandwich, Tomato Soup, Veggie Sticks, Fruit

Fri – Breakfast: MORNING WITH MOM, Long Johns, Yogart, Cereal, Fruit  
Lunch: Chicken Sandwich, Tator Tots, Pickles, Fruit

### Week of January 22 - 26

Mon – Breakfast: Breakfast Pizza, Cereal, Fruit  
Lunch: Salisbury Steak, Mashed Potatoes, Gravy, English Peas, Hot Roll. Fruit

Tues – Breakfast: Hash brown, Biscuit, Gravy  
Lunch: Hamburger, French Fries, Pickles, Fruit

Wed – Breakfast: Pancake on Stick, Syrup, Cereal, Fruit  
Lunch: Tator Tot Casserole, Green Beans, Veggie Sticks, Bread, Fruit

Thurs – Breakfast: Muffins, Cereal, Fruit  
Hot Dog on a Bun Chili, Potato Wedges, Broccoli Florets, Fruit

Fri – Breakfast: Bacon/Egg/Cheese Biscuit, Cereal, Fruit  
Lunch: Ham & Cheese Sandwich, Chips, 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)