



CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF MARCH

Week of March 2 - 6

- Mon – Breakfast: Oatmeal or Cereal & Toast, Fruit
Lunch: Pizza, Meat Ball Sub, Corn, Broccoli, Fruit
- Tues – Breakfast: Green Eggs & Ham on Biscuit or Cereal & Toast, Fruit
Lunch: Taco or Cheese Quesdilla, Chili Beans, Salsa, Fruit
- Wed – Breakfast: French Toast Sticks w/ syrup or Cereal & Toast, Fruit
Lunch: Salisbury Steak or Grilled Chicken Pattie, Mashed Potatoes, Gravy, Peas & Carrots, Rolls, Fruit
- Thurs – Breakfast: Muffins or Cereal & Toast, Fruit
Lunch: Spaghetti or Chicken Spaghetti, Green Beans, Veggie Sticks, Bread Sticks, Fruit
- Fri – Breakfast: Bacon, Egg, & Cheese Sandwich, or Cereal & Toast, Fruit
Lunch: Hamburger or Turkey & Swiss, French Fries, Pickles, Fruit

Week of March 9 - 12

- Mon – Breakfast: Breakfast Pizza or Cereal & Toast, Fruit
Lunch: Corn Dog or BBQ on Bun, French Fries, Carrot Sticks, Fruit
- Tues – Breakfast: Sausage, Biscuit, Gravy or Cereal & Toast, Fruit
Lunch: Taco Burger or Burrito, Tator Tots, Spears, Fruit
- Wed – Breakfast: Pancake on Stick w/ Syrup, Peanut Butter or Cereal & Toast, Fruit
Lunch: Baked Potato or Chef Salad, Ham, Cheese, Bread Sticks, Fruit
- Thurs – Breakfast: Long John or Cereal & Toast, Fruit
Lunch: Chicken Sandwich or Hot Ham & Cheese Sandwich, Chips, Pickles, Pork & Beans, Fruit
- Fri - NO SCHOOL

This institution is an equal opportunity provider.

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

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

Week of March 16 – 20

HAVE A WONDERFUL SPRING BREAK !!

Week of March 23 - 27

- Mon - Breakfast: Oatmeal or Cereal & Toast, Fruit
Lunch: Taco Salad or Taco Soup, Tortilla Chips, Salsa, Chili Beans, Fruit
- Tues – Breakfast: Sausage Pattie, Gravy, Biscuit or Cereal & Toast, Fruit
Lunch: Beef & Noodles or Tator Tot Casserole, Green Beans, Carrot Sticks, Bread, Fruit
- Wed – Breakfast: Pancakes w Syrup or Cereal & Toast, Fruit
Lunch: Salisbury Steak or Grilled Chicken , Mashed Potatoes, Gravy, Peas, Rolls, Fruit
- Thurs – Breakfast: Muffin or Cereal & Toast, Fruit
Lunch: Pig in Blanket or Bbq Rib Pattie Sandwich, Wedges, Fruit
- Fri - Breakfast: Scrambled Eggs, Bacon, or Cereal & Toast, Fruit
Lunch: Hamburger or Turkey & Swiss Sandwich, French Fries, Pickles Fruit

Week of March 30 – April 3

- Mon – Breakfast: Breakfast Pizzal or Cereal & Toast, Fruit
Lunch: Toasted Cheese Sandwich or Ham & Cheese Sandwich, Tomato Soup, French Fries, Fruit
- Tues – Breakfast: Sausage, Biscuit, Gravy or Cereal & Fruit
Lunch: Chicken Fajitas or Cheese Quesdilla, Chili Beans, Salsa, Fruit
- Wed – Breakfast: Waffles w/ Syrup or Cereal & Toast, Fruit
Lunch: Chicken Fried Steak or Breaded Chicken Pattie, Mashed Potatoes, Peas, Rolls, Fruit
- Thurs – Breakfast: Long John or Cereal & Toast, Fruit
Lunch: Hot Dog w/chili or Burrito , Potato Wedges, Fruit
- Fri - Breakfast: Breakfast Burrito or Cereal & Toast, Fruit
Lunch: Turkey & Swiss Sandwich or Ham & Cheese Sandwich, Chips, Pork & Beans, Pickles, Fruit