



## CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF AUGUST

### Week of August 10-11

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 14-18

Mon – Breakfast: Cereal, Toast, Fruit  
Lunch: Steak Sandwich, Potato Wedges, Lettuce/Tomato/ Pickles, 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, Pickles, Fruit

### Week of August 21-25

Mon – Breakfast: Breakfast Pizza, Cereal, Fruit  
Lunch: BBQ Rib Patty Sandwich, Wedges, veg. Sticks, Fruit

Tues – Breakfast: Hashbrowns 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

### Week of August 28 – September 1

Mon – Breakfast: Cereal, Toast, Fruit  
Lunch: Pigs in Blanket, Black-eyed Peas, Vegetable Sticks, Fruit

Tues – Breakfast: Sausage, Biscuit, Gravy, Cereal, Fruit  
Lunch: Burrito, Salsa, Spanish Rice, Corn, Fruit

Wed – Breakfast: Pancakes, Syrup, Peanut Butter, Cereal, Fruit  
Lunch: Ham & Cheese Sandwich, Chips, Lettuce/Tomato, Spears, Fruit

Thurs – Breakfast: Long John, Cereal, Fruit  
Lunch: Frito Pie, Corn, Fruit, Breadsticks

Fri – Breakfast: Egg Omlet, Toast, Cereal, Fruit  
Lunch: Chicken Sandwich, Tatar Tots, Pickles, Fruit

Milk and Juice are served with Breakfast & Lunch

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

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