



## CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF FEBRUARY

### Week of Jan. 29 – Feb. 2

- Mon – Breakfast: Cereal, Toast, Fruit  
Lunch: Burrito, Spanish Rice, Salsa, Corn, Fruit
- Tues – Breakfast: Sausage, Biscuit, Gravy, Fruit  
Lunch: Frito Pie, Tossed Salad, Breadsticks, Fruit
- Wed – Breakfast: Pancakes, Syrup, Peanut Butter, Cereal, Fruit  
Lunch: Pig in Blanket, Veggie Sticks, Blackeyed Peas, Fruit
- Thurs – Breakfast: Long John, Cereal, Fruit  
Lunch: Baked Potato, Ham, Cheese, Crackers, Salad, Fruit
- Fri – Breakfast: Egg Omlet, Toast, Cereal, Fruit  
Lunch: Hamburger, French Fries, Pickles, Fruit

### Week of February 5 - 9

- Mon – Breakfast: Breakfast Pizza, Cereal, Fruit  
Lunch: Taco Soup, Tortilla Chips, Salsa, Fruit
- Tues – Breakfast: Hashbrown, Biscuit, Gravy, Cereal, Fruit  
Lunch: Hot Dog, Chili, Potato Wedges, Spears, Fruit
- Wed – Breakfast: French Toast Sticks, Syrup, Cereal, Fruit  
Lunch: Tator Tot Casserole, Green Beans, Veggie Sticks, Bread, Fruit
- Thurs – Breakfast: Muffins, Cereal, Fruit  
Lunch: Pizza, Corn, Broccoli Florets, Fruit
- Fri - Breakfast: Scrambled Eggs, Bacon, Toast, Cereal, Fruit  
Lunch: Chicken Sandwich, French Fries, Pickles, Fruit

### Week of February 12 - 16

- Mon – Breakfast: Cereal Toast, Jelly, Fruit  
Lunch: Corn Dog, Baked Beans, Carrot Sticks, Fruit
- Tues – Breakfast: Sausage, Biscuits, Gravy, Cereal, Fruit  
Lunch: Chicken Fajitas, Chili Beans, Salsa, Fruit
- Wed – Breakfast: Waffles, Syrup, Peanut Butter, Cereal, Fruit  
Lunch: Hot Ham & Cheese Sandwich, Vegetable Sticks, Pickles, Chips, Fruit
- Thurs – Breakfast: Long John, Cereal, Fruit  
Lunch: Chicken Spaghetti, Green Beans, Veggie Sticks, Breadsticks
- Fri - Breakfast: Breakfast Burrito. Salsa, Cereal, Fruit  
Lunch: Hamburger, French Fries, Lettuce, Tomato, Onion, Pickles, Fruit

### Week of February 19 - 23

- Mon – NO SCHOOL
- Tues – Breakfast: Sausage Biscuit, Jelly , Cereal, Fruit  
Lunch: Pizza, Corn, Broccoli Florets, Fruit
- Wed – Breakfast: Pancake on a Stick, Syrup, Cereal, Fruit  
Lunch: Chicken Fried Steak, Mashed Potatoes, Gravy, Peas, Hot Rolls, Fruit
- Thurs – Breakfast: Muffins, Cereal, Fruit  
Lunch: Beef and Noodles, Green Beans, Veg. Sticks, Bread, Fruit
- Fri - Breakfast: Bacon, Egg, & Cheese Sandwich, Cereal, Fruit  
Lunch: Turkey & Swiss Sandwich, Chips, Lettuce, Tomato, Onion, Fruit

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)

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