



CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF MARCH

Week of Feb 26 – March 2

- Mon – Breakfast: Cereal, Toast, Fruit
Lunch: Barbeque Sandwich, Potato Wedges,
Carrot Sticks, Fruit
- Tues – Breakfast: Sausage, Biscuit, Gravy, Cereal, Fruit
Lunch: Tacos, Refried Beans, Salsa, Fruit
- Wed – Breakfast: Pancake on a Stick, Syrup, Cereal,
Fruit
Lunch: Chicken Fried Steak, Mashed Potatoes,
Gravy, Peas, Rolls, Fruit
- Thurs – Breakfast: Long John, Cereal, Fruit
Lunch: Beef & Noodles, Green Beans, Veggie
Sticks Bread, Fruit
- Fri – Breakfast: Egg Omelet, Toast, Cereal, Fruit
Lunch: Chicken Sandwich, Tater Tots, Pickles,
Fruit

Week of March 5 - 9

- Mon – Breakfast: Breakfast Pizza, Cereal, Fruit
Lunch: Burrito, Salsa, Spanish Rice, Corn, Fruit
- Tues – Breakfast: Hash Brown, Biscuit, Gravy, Cereal,
Fruit
Lunch: Frito Pie, Tossed Salad, Breadsticks,
Fruit
- Wed – Breakfast: French Toast Sticks, Syrup
Cereal, Fruit
Lunch: Pigs in Blanket, Veggie Sticks, Black-
eyed Peas, Fruit
- Thurs – Breakfast: Muffins, Cereal, Fruit
Lunch: Baked Potato, Cheese, Ham, Crackers
Fruit
- Fri – Breakfast: Scrambled Eggs, Bacon, Toast, Jelly,
Cereal, Fruit
Lunch: Hamburger, French Fries, Pickles, Fruit



Week of March 12 - 16

- Mon – Breakfast: Cereal, Toast, Fruit
Lunch: Taco Soup, Salsa, Chips, Fruit
- Tues – Breakfast: Sausage, Biscuit, Gravy, Cereal,
Lunch: Hot Dog, Chili, Tots, Spears, Fruit
- Wed – Breakfast: Long John, Cereal, Fruit
Lunch: Pizza, Corn, Broccoli Florets, Fruit
- Thurs – NO SCHOOL
- Fri – NO SCHOOL

Week of March 19 - 23

HAVE A WONDERFUL SPRING BREAK

Week of March 26 - 30

- Mon – Breakfast: Cereal, Toast, Jelly, Fruit
Lunch: Corn Dog, Carrot Sticks, Baked Beans,
Fruit
- Tues Breakfast: Sausage, Biscuit, Gravy, Cereal,
Fruit
Lunch: Chicken Fajitas, Chili Beans, Salsa, Fruit
- Wed - Breakfast: Pancake, Syrup, Peanut Butter.
Cereal, Fruit
Lunch: Hot Ham & Cheese Sandwich, Chips,
Veggie Sticks, Fruit
- Thurs – Breakfast: Muffins, Cereal, Fruit
Lunch: Chicken Spaghetti, Peas & Carrots,
Breadsticks, Fruit
- Fri - Breakfast: Bacon/Egg/Cheese Biscuit, Cereal,
Fruit
Lunch: Hamburger, Fries, Pickles, Fruit

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

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

This institution is an equal opportunity employer.