



CENTRAL HIGH SCHOOL MENUS FOR THE MONTH OF MAY

Week of April 23-27

- Mon – Breakfast: Cereal, Toast, Fruit
Lunch: Tacos, Refried Beans, Salsa, Fruit
- Tues – Breakfast: Sausage Patty, Biscuit, Gravy, Cereal, Fruit
Lunch: Pizza, Corn, Broccoli Florets, Fruit
- Wed – Breakfast: French Toast Sticks, Syrup, Cereal, Fruit
Lunch: Beef & Noodles, Green Beans, Veggie Sticks, Fruit
- Thurs – Breakfast: Long John, Yogart, Cereal, Fruit
Lunch: Chicken Fried Steak, Mashed Potatoes, English Peas, Hot Rolls, Fruit
- Fri – Breakfast: Egg Omlet, Cereal, Toast, Fruit
Lunch: Turkey & Swiss Sandwich, Chips, Carrot Sticks, Fruit

Week of April 30 – May 4

- Mon – Breakfast: Breakfast Pizza, Cereal, Fruit
Lunch: Burrito, Spanish Rice, Corn, Salsa, Fruit
- Tues – Breakfast: Hashbrown, Gravy, Biscuit, Cereal, Fruit
Lunch: BBQ Rib Pattie Sandwich, Potato Wedges, Broccoli Florets, Fruit
- Wed – Breakfast: Pancakes/ Syrup, Peanut Butter, Cereal, Fruit
Lunch: Taco Salad, Tortilla Chips, Salsa, Fruit
- Thurs - Breakfast: Muffins, Cereal, Toast, Fruit
GRADE SCHOOL TRACK MEET
Lunch: Hamburgers, Hot Dogs, Chips, Pickles, Fruit
- Fri - Breakfast: Scrambled Eggs, Bacon, Toast Cereal, Fruit,
Lunch: Chicken Sandwich, Fries, Pickles, Fruit

Week of May 7- 11

- Mon - Breakfast: Cereal, Toast, Fruit
Lunch: Corn dog, Carrot Sticks, Baked Beans, Fruit
- Tues: Breakfast: Sausage Patty, Biscuit, Gravy, Cereal, Fruit
Lunch: Chicken Fajitas, Refried Beans, Salsa, Fruit
- Wed - Breakfast: Pancake on a stick, Syrup, Cereal, Fruit
Lunch: Baked Ham, Macaroni & Cheese, Steamed Broccoli, Bread, Fruit
- Thurs - Breakfast: Long John, Cereal, Fruit
Lunch: Chicken & Biscuit, Fruit
- Fri - Breakfast: Breakfast Burrito, Salsa, Cereal, Fruit
Lunch: Hamburger, Fries, Pickle Slices, Fruit

Week of May 14 - 16

- Mon – Breakfast: Cook's Choice, Cereal
Lunch: Cook's Choice, Fruit
- Tues - Breakfast: Cook's Choice, Cereal
Lunch: Cook's Choice, Fruit
- Wed - Breakfast: Cook's Choice, Cereal, Fruit
Lunch: Cook's Choice, Fruit
- Thurs - Breakfast: Cook's Choice, Cereal
Lunch: Cook's Choice, Fruit

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

This institution is an equal opportunity employer.

For more info check out the school website @
www.central.k12.ok.us

