



CENTRAL PUBLIC SCHOOLS

108089 S 4670 RD  
Sallisaw, OK 74955-8587  
Phone: 1(918)775-5525



High School Principal – John Speir

Superintendent – Larry G. Henson

Elem Principal – Beverly Cawhorn

March 19, 2020

Central Public School Child Nutrition will be serving free meals to children 18 and under during school closure. Beginning Monday, March 23, 2020, breakfast and lunch “Grab & Go” meals will be provided. Pickup location will be at the Central Public School cafeteria from 8:00 a.m. to 12:30 p.m. Monday thru Friday. The children must be in the vehicle with you at the time of pickup. When you arrive please stay in your vehicle and someone will bring the meals to you.

If you have any questions, call the school at 918-775-5525 and then choose #6 for the cafeteria. A menu is provided below.

Sincerely,

Larry Henson  
Superintendent



Central Public School Grab & Go Menu



Breakfast

| Monday                 | Tuesday                | Wednesday              | Thursday               | Friday                          |
|------------------------|------------------------|------------------------|------------------------|---------------------------------|
| 23) cereal, apple milk | 24) cereal, apple milk | 25) cereal, apple milk | 26) cereal, apple milk | 27) muffin, yogurt, apple, milk |

Lunch

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| 23) ham & cheese sandwich, baby carrots, applesauce, milk | 24) chicken sandwich, baby carrots, applesauce, milk | 25) ham & cheese sandwich, baby carrots, applesauce, milk | 26) cheeseburger, baked beans, applesauce, milk | 27) ham & cheese sandwich, potato salad, applesauce milk |