



# SALLISAW PUBLIC SCHOOLS

## Sallisaw High School Breakfast and Lunch Menu August 2023

Welcome  
**BACK TO  
SCHOOL**

Alternate Cereal, Oatmeal or Yogurt bar available daily for

Breakfast and Lunch Served with variety milk choice

Breakfast				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>!!! IMPORTANT !!!</b> Sallisaw Public School Nutrition Update..... Meals will not automatically be free for Sallisaw High School students in the '23-'24 school year. Please fill out meal applications as soon as possible.</p>		
7	8	9	10	11
			Sausage Biscuit Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
			<b>Chicken Tenders</b>  Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Pizza</b>  Sweet Corn Fresh Fruit and Vegetable Bar Cookie Milk
			SAME	Pizza/Salad
14	15	16	17	18
Biscuits and Gravy Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Donut Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Corn Dog</b>  Broccoli and Cheese Fresh Fruit and Vegetable Bar Fruit Fluff Milk	<b>SHS Special</b>  Chicken, Cheese & Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Salisbury Steak</b>  Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Cheeseburger</b>  Lettuce, Tomato and Pickle French Fries Fresh Fruit and Vegetable Bar Milk	<b>Ham and Cheese Sandwich</b>  Lettuce, Tomato and Pickles Potato Chips Fresh Fruit and Vegetable Bar Cookie Milk
Spicy Chicken Sandwich/Veggie	Taco's/Veggie	Nuggets/Potato/Roll	Hamburger/FF	Pizza/Salad
21	22	23	24	25
Smoothie and WG Toast Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Sausage Biscuit Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Pulled Pork Sandwich</b>  Baked Beans Corn Chips Fresh Fruit and Vegetable Bar Milk	<b>Taco Salad</b>  Shredded Cheese Black Beans Fresh Fruit and Vegetable Bar Milk	<b>Chicken Tenders</b>  Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Spaghetti w/ Meat Sauce</b>  Sweet Peas Garlic Stick Fresh Fruit and Vegetable Bar Milk	<b>Loaded Baked Potato Bar</b>  "Fixins" Toast Fresh Fruit and Vegetable Bar Cookie Milk
Chicken Sandwich/Veggie	Burrito/Veggie	Nuggets/Potato/Roll	Hamburger/Veggie	Pizza/Salad
28	29	30	31	1
Biscuits and Gravy Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Ham,Egg and Cheese Croissant Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>SHS Lunchable</b>  Ham and Cheese Baby Carrots and Crackers Grapes Fresh Fruit and Vegetable Bar Milk and Cooke	<b>Cirspito w/ Cheese Sauce</b>  Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Chicken Fried Steak</b>  Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Toasted Cheese Sandwich</b>  Tomato Soup Fresh Fruit and Vegetable Bar Milk	<b>Build Your Own Salad Bar</b>  "Fixins" Crackers Fruit Cinnamon Roll Milk
Meatball Sub/Veggie	SAME	Nuggets/Potato/Roll	Hamburger/Wedges	Pizza/Salad

\*\*\* Menu Subject to Change According to Product Availability\*\*\*

This institution is an equal opportunity provider.