



SALLISAW PUBLIC SCHOOLS

Sallisaw High School Breakfast and Lunch Menu January 2024



Alternate Cereal, Oatmeal & Yogurt Bar available for
Breakfast Daily

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		!!! IMPORTANT !!! Please pay cafeteria charges weekly.		
1	2	3	4	5
NO SCHOOL	French Toast Sticks Fruit Juice, Milk	Sausage Croissant Fruit Juice, Milk	Donuts Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Burrito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Cookie Milk	Chicken Tenders Mashed Potatoes & Gravy WG Hot Roll Black Eyed Peas Fresh Fruit and Vegetable Bar Milk	Spicy Chicken Sandwich Lettuce, Tomato and Pickle Sweet Potato Fries Fresh Fruit and Vegetable Bar Milk	Macaroni and Cheese Little Smokies Green Beans Biscuit Fresh Fruit and Vegetable Bar Milk
	Cheese Quesadilla/Veggie	Chicken Nuggets/Veggie	Hamburger/Wedges	Pizza/Salad
8	9	10	11	12
Biscuits and Gravy Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Omelet, Bacon & Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Breakfast for Lunch	Chicken Tortilla Soup Chips and Salsa Fresh Fruit and Vegetable Bar Milk Cookie	Chicken Fried Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Loaded Chicken Waffle Fries Pinto Beans Sliced Bread and Butter Fresh Fruit and Vegetable Bar Milk	Grilled Cheese Sandwich Tomato Soup Goldfish Fresh Fruit and Vegetable Bar Cake and Strawberries Milk
Chicken and Waffles/Hashbrown	Taco Salad/Veggie	Chicken Nuggets/Veggie	Hamburger/Veggie	Pizza/Salad
15	16	17	18	19
Martin Luther King Jr. Day	Funnel Cake Strawberries Juice, Milk	Sausage Biscuit Fruit Juice, Milk	Breakfast Boat & Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Chicken Fajitas Fajita Veggies Chips and Salsa Fresh Fruit and Vegetable Bar Chocolate Pudding Milk	Popcorn Chicken Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Loaded Potato Soup Garlic Breadstick Crackers Fresh Fruit and Vegetable Bar Milk	Mr. Ribb Sandwich BBQ Baked Beans Corn Chips Fresh Fruit and Vegetable Bar Cookie Milk
	Burrito/Veggie	Chicken Nuggets/Veggie	Hamburger /Veggie	Pizza/Salad
22	23	24	25	26
Biscuits and Gravy Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Oatmeal and Cinnamon Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Frito Chili Pie Shredded Cheese Fresh Fruit and Vegetable Bar Chocolate Cake Milk	Crispito's w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	BBQ Wings Sidewinder Potatoes Fresh Fruit and Vegetable Bar Jello Milk	Turkey, Bacon and Cheese Wrap Lettuce and Tomatoes Sun Chips Broccoli and Ranch Fresh Fruit and Vegetable Bar Milk
Breaded Chicken Sandwich/Veggie	SAME	Chicken Nuggets/Veggie	Hamburger/Wedges	Pizza/Salad

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.