



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School

Breakfast and Lunch Menu August 2023

Welcome
**BACK TO
SCHOOL**

Alternate Cereal, Oatmeal and Yogurt choice available daily
for Breakfast

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Sallisaw Public Schools is proud to announce that Breakfast and Lunch will be served FREE to Liberty, Eastside and Sallisaw Middle School for the 2023-2024 school year.</p>		
7	8	9	10	11
			Cereal and Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
			Cheeseburger French Fries Lettuce, Tomato and Pickle Fruit Milk	Pepperoni Pizza Sweet Corn Fruit Cookie Milk
			SAME	SAME
14	15	16	17	18
Sausage Biscuit Fruit Juice, Milk	Waffles Fruit Juice, Milk	Donut Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Hot Ham and Cheese Sliders Tater Tots Glazed Carrots Fresh Fruit and Vegetable Bar Cookie Milk	Beef and Cheese Nachos Pinto Beans Salsa Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken and Waffles Syrup Cup Strawberries Fresh Fruit and Vegetable Bar Milk	Build Your Own Salad Bar "Fixins" Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk
Corndog/Veggie	SAME	Nuggets/Potato/Roll	SAME	Pizza/Veggie
21	22	23	24	25
Chicken Biscuit Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	Omelet and WG Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Sloppy Joe Potato Wedges Coleslaw Fresh Fruit and Vegetable Bar Cookie Milk	Chicken and Cheese Quesadilla Spanish Rice Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Fried Steak Fingers Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Spaghetti w/ Meat Sauce Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk	Hot Dog Pork n Beans Pasta Salad Fresh Fruit and Vegetable Bar Brownie Milk
Corndog/Veggie	SAME	Nuggets/Potato/Roll	SAME	Pizza/Veggie
28	29	30	31	1
Ham, Egg & Cheese Biscuit Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Long John Fruit Juice, Milk	Muffin and Yogurt Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Breaded Chicken Sandwich Lettuce, Tomato & Pickle Pork n Beans Fresh Fruit and Vegetable Bar Cooke Milk	Chicken Fajitas Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Popcorn Chicken Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown and WG Toast Yogurt Bar and Fruit Juice Milk	Baked Potato Bar "Fixins" Garlic Bread Fresh Fruit and Vegetable Bar Sherbert Ice Cream Milk
Corndog/Veggie	SAME	Nuggets/Potato/Roll	SAME	Pizza/Veggie

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

This institution is an equal opportunity provider.