



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle 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
		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.		
1	2	3	4	5
NO SCHOOL	French Toast Sticks Fruit Juice, Milk	Donut Fruit Juice, Milk	Scrambled Eggs, Sausage and Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Beef and Cheese Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Tenders Mashed Potatoes & Gravy Glazed Carrots WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Spaghetti and Meat Sauce Green Beans Breadstick Fresh Fruit and Vegetable Bar Milk	Breaded Chicken Sandwich Lettuce, Tomato and Pickle French Fries Fresh Fruit and Vegetable Bar Jello Milk
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
8	9	10	11	12
Bacon, Egg and Cheese Biscuit Fruit Juice, Milk	Waffles Fruit Juice, Milk	Long John Fruit Juice, Milk	Omelet and Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Chili Dog Shredded Cheese Tator Tots Fresh Fruit and Vegetable Bar Chocolate Chip Cookie Milk	Crispito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Hamburger Steak Mashed Potatoes & Gravy Corn WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Macaroni and Cheese Little Smokies Sweet Peas Biscuit Fresh Fruit and Vegetable Bar Milk	Toasted Ham and Cheese Sandwich Tomato Soup Goldfish Fresh Fruit and Vegetable Bar Pudding Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
15	16	17	18	19
Martin Luther King Jr Day	Pancakes Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	Breakfast Boat Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Indian Taco Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Popcorn Chicken Mashed Potatoes & Gravy Green Beans WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Egg Roll Lo Mein Noddles Steamed Veggies Fresh Fruit and Vegetable Bar Fortune Cookie Milk	Frito Chili Pie Sweet Corn Fresh Fruit and Vegetable Bar Ice Cream Milk
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
22	23	24	25	26
Sausage Biscuit Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Mini Powdered Donuts Fruit Juice, Milk	Breakfast Nachos Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Cheeseburger Lettuce, Tomato and Pickles Potato Wedges Fresh Fruit and Vegetable Bar No Bake Cookie Milk	SMS Special Chicken, Cheese and Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes & Gravy Black Eyed Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Vegetable Beef Soup Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk	Fish Sticks "Fried" Potatoes Pinto Beans and Hushpuppies Fresh Fruit and Vegetable Bar Jello Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.