



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School Breakfast and Lunch Menu September 2023



Alternate Cereal, Oatmeal & Yogurt Bar available for
Breakfast Daily

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>		
4	5	6	7	8
NO SCHOOL	French Toast Sticks Fruit Juice, Milk	Goody Bun Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	SMS Special Chicken, Rice & Cheese Sauce Refried Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Popcorn Chicken Mashed Potatoes & Gravy Sweet Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Spaghetti w/ Meat Sauce Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk	Chili Cheese Fries Sweet Corn Salad Bar Sugar Cookie Milk
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
11	12	13	14	15
Bacon, Egg & Cheese Biscuit Fruit Juice, Milk	Pancakes Fruit Juice, Milk	Donut Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk	PROFESSIONAL DAY
Toasted Ham and Cheese Sandwich Potato Chips Pork n Beans Pickle Spears Salad Bar Milk	Crispito w/ Cheese Sauce Spanish Rice Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Hamburger Steak Mashed Potatoes & Gravy Glazed Carrots WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Pizza Cesar Salad Fresh Fruit and Vegetable Bar Jello Milk	
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	
18	19	20	21	22
Sausage Biscuit Fruit Juice, Milk	Waffles Fruit Juice, Milk	Funnel Cake Strawberries and Cream Juice, Milk	Omlet and WG Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Breaded Chicken Sandwich Lettuce, Tomato and Pickles Tator Tots Fresh Fruit and Vegetable Bar Oatmeal Chocolate Chip Cookie Milk	Soft Beef Taco Refried Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Chicken Tenders Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Egg Roll Lo Mein Noodles Steamed Veggies Salad Bar Fortune Cookie Milk	PBJ Sandwich Cheese Stick Crunchy Pretzels Fresh Fruit Cup Salad Bar Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
25	26	27	28	29
Cinnamon Toast and Yogurt Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Long John Fruit Juice, Milk	Breakfast Burrito Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Chili Dog Shredded Cheese Onion Rings Fresh Fruit and Vegetable Bar Peach Crisp Milk	Beef n Cheese Nachos Pinto Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Chicken Nuggets Mashed Potatoes & Gravy Steamed Carrots WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Macaroni and Cheese Little Smokies Green Beans WG Biscuit Fresh Fruit and Vegetable Bar Milk	Baked Potato Bar Pulled Pork or Chili "Fixins" Garlic Toast Fresh Fruit and Vegetable Bar 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.