



SALLISAW PUBLIC SCHOOLS

Sallisaw High School Breakfast and Lunch Menu November 2023



Alternate Cereal, Oatmeal & Yogurt Bar available for
Breakfast Daily

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		!!! IMPORTANT !!! 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.		
30	31	1	2	3
Candy Corn Parfait Toast Juice, Milk	Donuts Fruit Juice, Milk	Sausage Biscuit Fruit Juice, Milk	Chicken and Waffles Fruit Juice, Milk	Biscuit and Gravy Fruit Juice, Milk
Beef Tips and Brown Gravy Rice Green Beans Slice Bread and Butter Fresh Fruit and Vegetable Bar Milk	Crispitos w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Sliced Apples w/ Caramel Milk	Chicken Tenders Mashed Potatoes & Gravy Black Eyed Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Pulled Pork Sandwich w/ Pickles Baked Beans Potato Salad Fresh Fruit and Vegetable Bar Milk	Personal Pan Pizza Spinach Salad Fresh Fruit and Vegetable Bar Jello Milk
Chicken Sandwich/Chips/Veggie	SAME	Chicken Nuggets/Veggie	Hamburger/Tots	Pizza/Salad
6	7	8	9	10
Biscuit and Gravy Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Muffins Fruit Juice, Milk	Biscuit and Gravy Fruit Juice, Milk
Beef Nacho's Veggie Sticks Fresh Fruit and Vegetable Bar Fruit Fluff Milk National Nacho Day	Homemade Burrito Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Nuggets Mashed Potatoes & Gravy Glazed Carrots WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Chili Dog Shredded Cheese Sweet Corn Chips Fresh Fruit and Vegetable Bar Milk	Build Your Own Salad Bar "Fixins" Crackers or Breadstick Fresh Fruit Brownie Milk
Ham & Cheese Croissant/Tomato Soup	Beef Taco/Refried Beans	Chicken Nuggets/Veggie	Hamburger/Tots	Pizza/Salad
13	14	15	16	17
Oatmeal and Toast Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Sausage Biscuit Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Corn Dog Broccoli and Cheese Fresh Fruit and Vegetable Bar Ice Cream Milk National Ice Cream Day	Chicken Fajitas Fajita Veggies Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Thanksgiving Dinner Happy Thanksgivings	Cheeseburger Lettuce, Tomato and Pickle Sidewinder Potatoes Fresh Fruit and Vegetable Bar Milk	Pizza Tossed Salad Fresh Fruit Cookie Milk
SAME	SAME	SAME	Hamburger/FF	SAME
20	21	22	23	24

*****THANKSGIVING BREAK November 20th - November 24th*****

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.