



# SALLISAW PUBLIC SCHOOLS

## Sallisaw High 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
		<b>!!! IMPORTANT !!!</b> 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.		
4	5	6	7	8
NO SCHOOL	Chicken and Waffles Fruit Juice, Milk	Sausage Biscuit Fruit Juice, Milk	Cinnamon Roll Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	<b>Cheese Pizza</b>  Cesar Salad Marinara Sauce Fresh Fruit and Vegetable Bar Milk and Cookie <b>National Cheese Pizza Day</b>	<b>Popcorn Chicken</b>  Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Boneless Hot Wings</b>  French Fries WG Sliced Bread and Butter Fresh Fruit and Vegetable Bar Ice Cream Milk	<b>Hot Ham and Cheese Croissant</b>  Pork n Beans Potato Chips Fresh Fruit and Vegetable Bar Milk Milk
	Same on Both Sides	Chicken Nuggets/Potato/Roll	Hamburger/FF	Hot Dog/Beans/Chips
11	12	13	14	15
Biscuits and Gravy Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Eggs, Bacon and WG Toast Fruit Juice, Milk	PROFESSIONAL DAY
<b>Macaroni and Cheese</b>  Little Smokies Green Beans WG Biscuit Fresh Fruit and Vegetable Bar Milk	<b>Chicken Burrito Bowl</b>  Rice, Black Beans and Corn Salsa and Chips Fresh Fruit and Vegetable Bar Milk	<b>Salisbury Steak</b>  Mashed Potatoes & Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Rodeo Burger</b>  Onion Rings Fresh Fruit Cup Fresh Fruit and Vegetable Bar Milk	
Spicy Chicken Sandwich/Veggie	Burrito/Veggie	Chicken Nuggets/Potato/Roll	Hamburger/FF	
18	19	20	21	22
Smoothie and WG Toast Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	Sausage Biscuit Fruit Juice, Milk	Donuts Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Cheeseburger</b>  Potato Chips Baked Beans Fresh Fruit and Vegetable Bar Milk and Cookie <b>National Cheeseburger Day</b>	<b>Chipotle Chicken Club Flatbread</b>  Jalepeno Corn Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Meatloaf</b>  Mashed Potatoes and Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>"Fried" Chicken Loaded Waffles Fries</b>  WG Sliced Bread and Butter Fruit Cup Fresh Fruit and Vegetable Bar Milk	<b>Vegetable Beef Soup</b>  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk
Hamburger/Chips	Tacos/Veggie	Chicken Nuggets/Potato/Roll	Breaded Chicken Sandwich/Veggie	Pizza/Veggie
25	26	27	28	29
Biscuits and Gravy Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Breakfast Nachos Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Chicken Cesar Wrap</b>  Broccoli Salad Baked Potato Chips Fresh Fruit and Vegetable Bar Cookie Milk	<b>Crispito w/ Cheese Sauce</b>  Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Chicken Nuggets</b>  Mashed Potatoes and Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Mr Ribb Sandwich</b>  Pickle Spears SideWinder Potatoes Fresh Fruit and Vegetable Bar Jello Milk	<b>Build Your Own Salad Bar</b>  "Fixins" Garlic Breadstick Fruit Cup Crackers Milk
CornDog/Broccoli and Cheese	Same on Both Sides	Same on Both Sides	Hamburger/FF	Pizza/Veggie

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

This institution is an equal opportunity provider.