



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School Breakfast and Lunch Menu February 2024



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>		
29	30	31	1	2
Bacon, Egg and Cheese Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Donut Fruit Juice, Milk	Scrambled Eggs, Sausage & Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
BBQ Sandwich Baked Beans Potato Chips Fresh Fruit and Vegetable Bar Ranger Cookie Milk and Cookie	Beef Nachos Pinto Beans Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Tenders Mashed Potatoes & Gravy Green Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken Spaghetti Green Beans Breadstick Fresh Fruit and Vegetable Bar Milk	Build Your Own Salad Bar "Fixins" Crackers Fresh Fruit and Vegetable Bar Ice Cream Sandwich Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Salad
5	6	7	8	9
Sausage Biscuit Fruit Juice, Milk	Pancakes Fruit Juice, Milk	Funnel Cake Strawberries & Cream Juice, Milk	Breakfast Boat Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Toasted Cheese Sandwich French Fries Fresh Fruit and Vegetable Bar Cake and Strawberries Milk	Chicken Fajitas Spanish Rice Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Hamburger Steak Mashed Potatoes & Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Macaroni and Cheese Little Smokies Green beans Biscuit Fresh Fruit and Vegetable Bar Milk	Turkey Sub Sandwich Lettuce, Tomato and Pickles Potato Chips Fresh Fruit and Vegetable Bar Peanut Butter Cookie
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Salad
12	13	14	15	16
Cinnamon Toast and Omelet Fruit Juice, Milk	Waffles Fruit Juice, Milk	Long John Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk	NO SCHOOL
Chili Dog Shredded Cheese Tator Tots Fresh Fruit and Vegetable Bar Chocolate Chip Cookie Milk	SMS Special Chicken, Rice and Cheese Black Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Popcorn Chicken Mashed Potatoes & Gravy Sweet Corn Hot Roll Fresh Fruit and Vegetable Bar Milk	Build Your Own Pizza Cesar Salad Fresh Fruit and Vegetable Bar Chocolate Ice Cream Cup Milk	
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	
19	20	21	22	23
NO SCHOOL	Pancake on a Stick Fruit Juice, Milk	Cowboy Bread Fruit Juice, Milk	Breakfast Nachos Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Chili Cheese French Fries Pinto Beans Sweet Corn Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes & Gravy Black-Eyed Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Egg roll Lo Mein Noodles Roasted Veggies Fresh Fruit and Vegetable Bar Fortune Cookie Milk	Fish Sticks w/ Fries Pinto Beans and Hushpuppies Fresh Fruit and Vegetable Bar Orange Sherbert Milk
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Salad

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.