



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle 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
		<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>		
30	31	1	2	3
Bacon, Egg & Cheese Biscuit Fruit Juice, Milk	Candy Corn Parfait Fruit Juice, Milk	Powdered Donut Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Soft Beef Taco Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Mummy Dog Curly Creature Fries Wormy Pasta Salad Fresh Fruit and Vegetable Bar Witches Hat Cookie Milk	Chicken Tenders Mashed Potatoes & Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Vegetable Beef Soup Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk	Build Your Own Salad Bar Shredded Cheese Boiled Eggs Garlic Bread Milk
SAME	CornDog/Veggie	Chicken Nuggets/Veggie	SAME	Pizza /Veggie
6	7	8	9	10
Sausage Biscuit Fruit Juice, Milk	Waffles Fruit Juice, Milk	Donut Fruit Juice, Milk	Omelet and WG Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Cheeseburger Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie Milk	Homemade Burrito w/ Cheese Sauce Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Roasted Chicken Mashed Potatoes & Gravy Green Beans WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Toasted Turkey and Cheese Sandwich Tomato Soup Goldfish Crackers Fresh Fruit and Vegetable Bar Milk	Loaded Chicken Waffle Fries Sliced Bread and Butter Fresh Fruit and Vegetable Bar SideKick Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
13	14	15	16	17
Chicken Biscuit Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Donut Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
CornDog Tator Tots Fresh Fruit and Vegetable Bar Milk	Crispito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken and Waffles Fruit Cup Fresh Fruit and Vegetable Bar Juice Milk	Thanksgiving Dinner Milk	Stuffed Crust Pizza Cesar Salad Fresh Fruit and Vegetable Bar Milk
SAME	SAME	SAME	SAME	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.