



# SALLISAW PUBLIC SCHOOLS

## Sallisaw Middle School Breakfast and Lunch Menu October 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>		
2	3	4	5	6
Chicken Biscuit Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Powdered Donuts Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>California Chicken Flatbread</b> Strawberry Spinach Salad Fresh Fruit and Vegetable Bar Apple Crisp Milk	<b>Taco Fries w/ Salsa</b> Shredded Cheese Pinto Beans WG Soft Tortilla Fresh Fruit and Vegetable Bar Milk	<b>Salisbury Steak</b> Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Asian Chicken Bar</b> General Tso, Sweet n Sour, Teriyaki Brown Rice Roasted Vegetables Fresh Fruit and Vegetable Bar Milk	<b>PBJ Sandwich</b> Mozzerella Cheese Stick Crunchy Pretzels Fresh Fruit and Vegetable Bar Ice Cream Sandwich Milk
Corn Dog / Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
9	10	11	12	13
Bacon, Egg & Cheese Biscuit Fruit Juice, Milk	Pancakes Fruit Juice, Milk	Donut Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk	
<b>Meatball Sub</b> Shredded Cheese Tator Tots Fresh Fruit and Vegetable Bar Snickerdoodle Cookie Milk	<b>Indian Taco</b> Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Popcorn Chicken</b> Mashed Potatoes & Gravy Sweet Corn WG Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Egg Roll</b> Lo Mein Noodles Steamed Veggies Fresh Fruit and Vegetable Bar Fortune Cookie Milk	
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	
16	17	18	19	20
Sausage Biscuit Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	<b>PROFESSIONAL DAY</b>	
<b>Cheeseburger</b> French Fries Pork n Beans Fresh Fruit and Vegetable Bar Banana Pudding Milk	<b>Beef &amp; Cheese Nachos</b> Pinto Beans Salsa Fresh Fruit and Vegetable Bar Milk	<b>Roasted Chicken w/ Mashed Potatoes &amp; Gravy</b> Black Eyed Peas Sliced Bread and Butter Fresh Fruit and Vegetable Bar Chocolate Cupcake and Milk <b>National Chocolate Cupcake Day</b>		
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie		
23	24	25	26	27
	Pancake on a Stick Fruit Juice, Milk	Long John Fruit Juice, Milk	Breakfast Burrito Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	<b>Crispito w/ Cheese Sauce</b> Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Chicken Parmesan</b> Mashed Potatoes Green Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Toasted Cheese Sandwich</b> <b>Tomato Soup</b> Goldfish Crackers Fresh Fruit and Vegetable Bar Milk	<b>Baked Potato Bar</b> Pulled Pork or Chili Garlic Toast Fresh Fruit and Vegetable Bar <b>Red Jello</b> and Milk <b>National Potato Day</b>
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie

\*\*\*\*\* RED RIBBON WEEK \*\*\*\*\*

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

This institution is an equal opportunity provider.