

SALLISAW PUBLIC SCHOOLS

Sallisaw High School

Breakfast and Lunch Menu January 2025



Alternate Cereal, Oatmeal & Yogurt Bar available for

Breakfast Daily

Breakfast and Lunch Served with variety milk choice

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
alle		Sallisaw Public Schools is	1	
	the she	proud to announce that	Hel	la
		Breakfast and Lunch will be	Het	
		served FREE to Liberty,	A 1/2	0.184
大人	'X	Eastside,Sallisaw Middle	1 Join	wayy
		School and Sallisaw High		
		School students for the 2024-		
		2025 school year.		
6	7	8	9	10
Chicken Biscuit	Pancake on a Stic	Breakfast Pizza	Cheese Omelet, Bacon and Toast	Biscuits and Gravy
Fruit	Fruit	Fruit	Fruit	Fruit
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
			Spicy Chicken	
Chicken Noodle Soup	Indian Tacos	Chicken Nuggets	Sandwich	Personal Pan Pizza
Green Beans	Shredded Cheese	Mashed Potatoes & Gravy	French Fries	Ceasar Salad
Breadstick	Pinto Beans	WG Hot Roll	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar
Fresh Fruit and Vegetable Bar	Chips and Salsa	Fresh Fruit and Vegetable Bar	Peach Crisp	Milk
Milk	Fresh Fruit and Vegetable Bar	Milk	Milk	
	Milk			
Mr. Ribb/Chips/Pickle	Chicken Fajitas/Veggies	Chicken Nuggets/Potato/Roll	Hamburger/Tots	Pizza/Salad
13	14	15	16	17
Breakfast Boat	High School Griddle	Sausage Biscuit	Funnel Cake	Biscuits and Gravy
Fruit	Fruit	Fruit	Strawberries	Fruit
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
·····	Burrito w/ Cheese			Meatball Sub
Chicken Spaghetti		Chicken Tenders	Chili Fries	
, ,	Sauce			Sandwich
Sweet Peas	Refried Beans	Mashed Potatoes & Gravy	Shredded Cheese	Spinach Salad
Garlic Bread	Chips and Salsa	Carrots	Cornbread	Shredded Mozzerella
Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	WG Hot Roll	Fresh Fruit and Vegetable Bar	Corn Chips
Milk	Milk	Fresh Fruit and Vegetable Bar	Milk	Fresh Fruit and Vegetable Bar
		Milk		Cookie and Milk
Turkey Sandwich/Veggie	Chipotle Chicken Flatbread	Chicken Nuggets/Potato/Roll	Hamburger/Wedges	Pizza/Salad
20	21	22	23	24
	Pancake on a Stick	Breakfast Pizza	Breakfast Burrito	Biscuits and Gravy
Martin Luther King Jr Day	Fruit	Fruit	Fruit	Fruit
	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
	<u> </u>			Juice, Milk
		a		Toasted Cheese
	Breakfast for Lunch	Chicken Fry Steak	Boneless Hot Wings	Toasted Cheese
Ma		-		Toasted Cheese Sandwich
No	Scrambled Eggs and Sausage	Mashed Potatoes & Gravy	Curly Fries	Toasted Cheese Sandwich Cream of Jalapeno Soup
No	Scrambled Eggs and Sausage Hashbrown	Mashed Potatoes & Gravy WG Hot Roll	Curly Fries Fresh Fruit and Vegetable Bar	Toasted Cheese Sandwich Cream of Jalapeno Soup Mixed Greens Salad
No School	Scrambled Eggs and Sausage Hashbrown Biscuits and Gravy	Mashed Potatoes & Gravy WG Hot Roll Fresh Fruit and Vegetable Bar	Curly Fries	Toasted Cheese Sandwich Cream of Jalapeno Soup Mixed Greens Salad Fresh Fruit and Vegetable Bar
No School	Scrambled Eggs and Sausage Hashbrown Biscuits and Gravy Yogurt Bar	Mashed Potatoes & Gravy WG Hot Roll	Curly Fries Fresh Fruit and Vegetable Bar	Toasted Cheese Sandwich Cream of Jalapeno Soup Mixed Greens Salad Fresh Fruit and Vegetable Bar Cookie
No School	Scrambled Eggs and Sausage Hashbrown Biscuits and Gravy Yogurt Bar Juice, Milk	Mashed Potatoes & Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Curly Fries Fresh Fruit and Vegetable Bar Milk	Toasted Cheese Sandwich Cream of Jalapeno Soup Mixed Greens Salad Fresh Fruit and Vegetable Bar Cookie Milk
No School	Scrambled Eggs and Sausage Hashbrown Biscuits and Gravy Yogurt Bar	Mashed Potatoes & Gravy WG Hot Roll Fresh Fruit and Vegetable Bar	Curly Fries Fresh Fruit and Vegetable Bar	Toasted Cheese Sandwich Cream of Jalapeno Soup Mixed Greens Salad Fresh Fruit and Vegetable Bar Cookie
·	Scrambled Eggs and Sausage Hashbrown Biscuits and Gravy Yogurt Bar Juice, Milk Chicken and Waffles/Hashbrown	Mashed Potatoes & Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato/Roll	Curly Fries Fresh Fruit and Vegetable Bar Milk BBQ Wings/Tots	Toasted Cheese Sandwich Cream of Jalapeno Soup Mixed Greens Salad Fresh Fruit and Vegetable Bar Cookie Milk Pizza/Salad 31
27 Ham, Egg & Cheese Croissant Fruit	Scrambled Eggs and Sausage Hashbrown Biscuits and Gravy Yogurt Bar Juice, Milk Chicken and Waffles/Hashbrown	Mashed Potatoes & Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato/Roll 29 Sausage Biscuit	Curly Fries Fresh Fruit and Vegetable Bar Milk BBQ Wings/Tots 30	Toasted Cheese Sandwich Cream of Jalapeno Soup Mixed Greens Salad Fresh Fruit and Vegetable Bar Cookie Milk Pizza/Salad
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Ham, Egg & Cheese Croissant Fruit Juice, Milk Chicken Bacon Ranch	Scrambled Eggs and Sausage Hashbrown Biscuits and Gravy Yogurt Bar Juice, Milk Chicken and Waffles/Hashbrown 28 French Toast Sticks Fruit Juice, Milk Crispito w/ Cheese	Mashed Potatoes & Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato/Roll 29 Sausage Biscuit Fruit	Curly Fries Fresh Fruit and Vegetable Bar Milk BBQ Wings/Tots 30 Donuts Fruit	Toasted Cheese Sandwich Cream of Jalapeno Soup Mixed Greens Salad Fresh Fruit and Vegetable Bar Cookie Milk Pizza/Salad 31 Biscuits and Gravy Fruit
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