

## SALLISAW PUBLIC SCHOOLS

## Sallisaw Middle School

Breakfast and Lunch Menu February 2025



Alternate Cereal, Oatmeal & Yogurt Bar available for

MONDAY		Breakfast and Lunch Served with variety milk choice		
=	st Dailv TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>49</b>	_	Sallisaw Public Schools is		
	<b>6</b>	proud to announce that		
		Breakfast and Lunch will be		
		served FREE to Liberty,		nello.
	es Livit	Eastside,Sallisaw Middle	1	nello, EBRUARU!
(hin)		School and Sallisaw High		SPKUAKY!
		School students for the 2024-	Maria Con	
	- V/VA	2025 school year.	*	
3	4	5	6	7
Biscuits and Gravy	Pancakes	Donut	Breakfast Nachos	Biscuits and Gravy
Fruit	Fruit	Fruit	Fruit	Fruit
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
Spicy Chicken	Indian Taco	Hambumaan Staals	Chielean Chaelasti	Build Your Own Salad
Sandwich	Indian Taco	Hamburger Steak	Chicken Spaghetti	Bar
Lettuce, Tomato and Pickles	Pinto Beans	Mashed Potatoes & Gravy	Spinach Salad	"Fixins"
•	Salsa	· ·	Breadstick	Crackers
French Fries		Carrots		
Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	WG Hot Roll	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar
Chocolate Chip Cookie	Milk	Fresh Fruit and Vegetable Bar	Milk	Banana Pudding
Milk		Milk		Milk
Corn Dog/FF	SAME	Chicken Nuggets/Potato	SAME	Pizza/Salad
0	11	12	13	14
Biscuits and Gravy	French Toast Sticks	Funnel Cake	Breakfast Pizza	
Fruit	Fruit	Strawberries & Cream	Fruit	
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	•
Toasted Cheese	Loaded Chicken			
Sandwich	Waffle Fries	Chicken Tenders	Orange Chicken	
				NO
Tomato Soup	Chips and Salsa	Mashed Potatoes & Gravy	"Ramen" Noodles	
Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Mixed Vegetables	Roasted Veggies	Senoo
Cake and Strawberries	Milk	WG Hot Roll	Fresh Fruit and Vegetable Bar	# C C T
Milk		Fresh Fruit and Vegetable Bar	Fortune Cookie	
	SAME	Milk Chicken Nuggets/Potato	Milk	
C D /D. t . t . C		I CNICKEN NUGGETS/POTATO	SAME	
Corn Dog/Potato Soup			20	21
Corn Dog/Potato Soup	18	19	20	21
17	18 Waffles	19 Donut Holes	Breakfast Boat	Biscuits and Gravy
	18 <b>Waffles</b> Fruit	19 <b>Donut Holes</b> Fruit	Breakfast Boat Fruit	<b>Biscuits and Gravy</b> Fruit
17	18 <b>Waffles</b> Fruit Juice, Milk	19 Donut Holes	Breakfast Boat	Biscuits and Gravy
17	18 <b>Waffles</b> Fruit	19 <b>Donut Holes</b> Fruit  Juice, Milk	Breakfast Boat Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
17	18 <b>Waffles</b> Fruit Juice, Milk	19 <b>Donut Holes</b> Fruit	Breakfast Boat Fruit	Biscuits and Gravy Fruit
17	18  Waffles  Fruit  Juice, Milk  Burrito w/ Cheese  Sauce	Donut Holes Fruit Juice, Milk  Roasted Chicken	Breakfast Boat Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk Fish Sticks
17	18 Waffles Fruit Juice, Milk Burrito w/ Cheese	19 <b>Donut Holes</b> Fruit  Juice, Milk	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup	Biscuits and Gravy Fruit Juice, Milk
NO SCHOOL	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese  Sauce  Spanish Rice	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick	Biscuits and Gravy Fruit Juice, Milk Fish Sticks "Fried" Potatoes
17	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers	Biscuits and Gravy Fruit Juice, Milk Fish Sticks "Fried" Potatoes Pinto Beans
NO SCHOOL	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar
NO SCHOOL	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert
NO SCHOOL  Happy Presidents Bay  24	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	19  Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert Milk
NO SCHOOL  Happy Presidents Bay	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME	19  Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk SAME	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert Milk Pizza/Salad
NO SCHOOL  Happy Presidents Bay  24	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME 25	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 26	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk SAME	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert Milk Pizza/Salad 28
NO SCHOOL  Happy Presidents Bay  24  Biscuits and Gravy	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME 25 Pancake on a Stick	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 26 Long John	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk SAME 27  Breakfast Burrito	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert Milk Pizza/Salad 28  Biscuits and Gravy
NO SCHOOL  Rappy Presidents Day  24  Biscuits and Gravy Fruit Juice, Milk	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME 25 Pancake on a Stick Fruit	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 26 Long John Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk SAME 27  Breakfast Burrito Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert Milk Pizza/Salad  28  Biscuits and Gravy Fruit Juice, Milk
NO SCHOOL  Happy Presidents Bay  24  Biscuits and Gravy  Fruit	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME 25 Pancake on a Stick Fruit Juice, Milk  Crispito w/ Cheese	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 26  Long John Fruit	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk SAME 27  Breakfast Burrito Fruit	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert Milk Pizza/Salad 28  Biscuits and Gravy Fruit
NO SCHOOL  Happy Presidents Bay  24  Biscuits and Gravy Fruit Juice, Milk  Chili Dog	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME 25 Pancake on a Stick Fruit Juice, Milk  Crispito w/ Cheese Sauce	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas W6 Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 26 Long John Fruit Juice, Milk  Chicken Chunks	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk SAME 27  Breakfast Burrito Fruit Juice, Milk  Egg Roll	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert Milk Pizza/Salad 28  Biscuits and Gravy Fruit Juice, Milk  Sub Sandwich
NO SCHOOL  Happy Presidents Bay  24  Biscuits and Gravy Fruit Juice, Milk  Chili Dog  Tater Tots	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME 25 Pancake on a Stick Fruit Juice, Milk  Crispito w/ Cheese Sauce Refried Beans	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 26 Long John Fruit Juice, Milk  Chicken Chunks  Mashed Potatoes & Gravy	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk SAME  27  Breakfast Burrito Fruit Juice, Milk  Egg Roll  Lo Mein Noodles	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert Milk Pizza/Salad  28  Biscuits and Gravy Fruit Juice, Milk  Sub Sandwich  Lettuce, Tomato and Pickles
NO SCHOOL  Happp Presidents Bay  24  Biscuits and Gravy Fruit Juice, Milk  Chili Dog  Tater Tots Fresh Fruit and Vegetable Bar	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME 25 Pancake on a Stick Fruit Juice, Milk  Crispito w/ Cheese Sauce  Refried Beans Chips and Salsa	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 26 Long John Fruit Juice, Milk  Chicken Chunks  Mashed Potatoes & Gravy Sweet Corn	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk SAME  27  Breakfast Burrito Fruit Juice, Milk  Egg Roll  Lo Mein Noodles Stir Fry Veggies	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert Milk Pizza/Salad  28  Biscuits and Gravy Fruit Juice, Milk  Sub Sandwich  Lettuce, Tomato and Pickles Potato Chips
NO SCHOOL  Approved the state of the state o	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME 25 Pancake on a Stick Fruit Juice, Milk  Crispito w/ Cheese Sauce  Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 26 Long John Fruit Juice, Milk  Chicken Chunks  Mashed Potatoes & Gravy Sweet Corn WG Hot Roll	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk SAME  27  Breakfast Burrito Fruit Juice, Milk  Egg Roll  Lo Mein Noodles Stir Fry Veggies Fresh Fruit and Vegetable Bar	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert Milk Pizza/Salad  28  Biscuits and Gravy Fruit Juice, Milk  Sub Sandwich  Lettuce, Tomato and Pickles Potato Chips Fresh Fruit and Vegetable Bar
NO SCHOOL  Happp Presidents Bay  24  Biscuits and Gravy Fruit Juice, Milk  Chili Dog  Tater Tots Fresh Fruit and Vegetable Bar	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME 25 Pancake on a Stick Fruit Juice, Milk  Crispito w/ Cheese Sauce  Refried Beans Chips and Salsa	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 26 Long John Fruit Juice, Milk  Chicken Chunks  Mashed Potatoes & Gravy Sweet Corn WG Hot Roll Fresh Fruit and Vegetable Bar	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk SAME  27  Breakfast Burrito Fruit Juice, Milk  Egg Roll  Lo Mein Noodles Stir Fry Veggies Fresh Fruit and Vegetable Bar Fortune Cookie	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert Milk Pizza/Salad  28  Biscuits and Gravy Fruit Juice, Milk  Sub Sandwich  Lettuce, Tomato and Pickles Potato Chips Fresh Fruit and Vegetable Bar Potato Soup
NO SCHOOL  Rappy Presidents Bay  Fruit Juice, Milk  Chili Dog  Tater Tots  Fresh Fruit and Vegetable Bar  Oatmeal Raisin Cookie  Milk	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME 25 Pancake on a Stick Fruit Juice, Milk  Crispito w/ Cheese Sauce  Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 26  Long John Fruit Juice, Milk  Chicken Chunks  Mashed Potatoes & Gravy Sweet Corn WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk SAME  27  Breakfast Burrito Fruit Juice, Milk  Egg Roll  Lo Mein Noodles Stir Fry Veggies Fresh Fruit and Vegetable Bar Fortune Cookie Milk	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert Milk Pizza/Salad  28  Biscuits and Gravy Fruit Juice, Milk  Sub Sandwich  Lettuce, Tomato and Pickles Potato Chips Fresh Fruit and Vegetable Bar Potato Soup Chocolate Cake and Milk
NO SCHOOL  Approved the state of the state o	18  Waffles Fruit Juice, Milk  Burrito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME 25 Pancake on a Stick Fruit Juice, Milk  Crispito w/ Cheese Sauce  Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME  SAME  SAUCE  Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk  SAME	Donut Holes Fruit Juice, Milk  Roasted Chicken  Mashed Potatoes & Gravy Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 26 Long John Fruit Juice, Milk  Chicken Chunks  Mashed Potatoes & Gravy Sweet Corn WG Hot Roll Fresh Fruit and Vegetable Bar	Breakfast Boat Fruit Juice, Milk  Vegetable Beef Soup  Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk SAME  27  Breakfast Burrito Fruit Juice, Milk  Egg Roll  Lo Mein Noodles Stir Fry Veggies Fresh Fruit and Vegetable Bar Fortune Cookie Milk SAME	Biscuits and Gravy Fruit Juice, Milk  Fish Sticks  "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Orange Sherbert Milk Pizza/Salad  28  Biscuits and Gravy Fruit Juice, Milk  Sub Sandwich  Lettuce, Tomato and Pickles Potato Chips Fresh Fruit and Vegetable Bar Potato Soup