



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School Breakfast and Lunch Menu October 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 all sites will eat FREE for the 2024-2025 School Year.</p>		
30	1	2	3	4
Breakfast Pizza Fruit Juice, Milk	Pancakes Fruit Juice, Milk	Powdered Donuts Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Cheeseburger Potato Wedges Pork n Beans Lettuce, Tomato and Pickle Fresh Fruit and Vegetable Bar Milk	Crispito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes & Gravy Green Beans WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Orange Chicken Ramen Noodles Roasted Vegetables Fresh Fruit and Vegetable Bar Fortune Cookie Milk	Individual Pepperoni Calazone Sweet Corn Marinara Sauce Fresh Fruit and Vegetable Bar Ice Cream Milk
Corn Dog / Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Sweet Corn
7	8	9	10	11
Sausage Biscuit Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Funnel Cake Strawberries and Cream Juice, Milk	Biscuits and Gravy Fruit Juice, Milk	
Loaded Baked Potato Soup Crackers Breadstick Fresh Fruit and Vegetable Bar Chocolate Chip Cookie Milk	Beefy Nacho Fries Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Tenders Mashed Potatoes & Gravy Carrots WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken and Waffles Tri Taters Fresh Fruit and Vegetable Bar Yogurt Fluff Milk	
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	
14	15	16	17	18
Smoothie and Toast Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	PROFESSIONAL DAY	
Chili Dog Shredded Cheese Onion Rings Fresh Fruit and Vegetable Bar Banana Pudding Milk	Loaded Chicken Waffle Fies Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Fried Steak Fingers Mashed Potatoes & Gravy Black-Eyed Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk		
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie		
21	22	23	24	25
	Waffles Fruit Juice, Milk	Long John Fruit Juice, Milk	Scrambled Eggs, Sausage & Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Toasted Cheese Sandwich Tomato Soup Goldfish Crackers Fresh Fruit and Vegetable Bar Milk	Hamburger Steak Mashed Potatoes & Gravy Pinto Beans WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken Fried Rice Egg Roll Steamed Broccoli Fresh Fruit and Vegetable Bar Fortune Cookie Milk	Frito Chili Pie Shredded Cheese Corn Fresh Fruit and Vegetable Bar Ice Cream Milk
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.