



# SALLISAW PUBLIC SCHOOLS

## Tommy Spear Middle School

### Breakfast and Lunch Menu

February 2012

Breakfast and Lunch are served daily with a choice of 1% white or fat-free chocolate milk.

Alternate cereal choice available for breakfast each day.

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
Cereal and Toast Fruit Juice and Milk	Waffles and Syrup Fruit Juice and Milk	Sausage Biscuit Fruit Juice and Milk	Long John Fruit Juice and Milk	Biscuits and Gravy Fruit Juice and Milk
<b>Pattie Melt</b>  French Fries Salad and Fruit Bar Cookie Milk	<b>Meatloaf</b>  Mashed Potatoes Green Beans Salad and Fruit Bar Hot Roll Milk	<b>Turkey and Swiss Sandwich</b> Pork and Beans Salad and Fruit Bar Chips Cake Milk	<b>Chicken "Dorito" Casserole</b> Salsa Salad and Fruit Bar Pudding Milk	<b>Pepperoni Pizza</b>  Pasta Salad Salad and Fruit Bar Fruit Crisp Milk
BBQ Sandwich/Vegetable	Chicken Nuggets/Potato	Hot Dog/Vegetable	Hamburger/Vegetable	Pizza/Salad
6	7	8	9	10
Biscuits and Gravy Fruit Juice and Milk	Breakfast Pizza Salsa Juice and Milk	Scrambled Eggs, Sausage and Toast Juice and Milk	Pancakes and Syrup Fruit Juice and Milk	Biscuits and Gravy Fruit Juice and Milk
<b>Corn Dog</b>  Broccoli and Cheese Salad and Fruit Bar Cookie Milk	<b>Chicken Fried Steak</b>  Mashed Potatoes Gravy Salad and Fruit Bar Hot Roll Milk	<b>Frito Chili Pie</b>  Shredded Cheese Corn Salad and Fruit Bar Cake Milk	<b>Chicken Fried Rice</b>  Oriental Vegetables Egg Roll Salad and Fruit Bar Fortune Cookie Milk	<b>Beef and Bean Burrito</b> Refried Beans Salad and Fruit Bar Fruit Crisp Milk
Crispito/Vegetable	Same on both sides	Chili Dog/Vegetable	Cheeseburger/Vegetable	Pizza/Salad
13	14	15	16	17
Cereal and Grahams Fruit Juice and Milk	Yogurt and Toast Fruit Juice and Milk	Breakfast Pizza Fruit Juice and Milk	French Toast Sticks Syrup Juice and Milk	Biscuits and Gravy Fruit Juice and Milk
<b>Chicken Sandwich</b>  Tator Tots Salad and Fruit Bar "Valentine" Cookie Milk	<b>Baked Chicken</b>  Mashed Potatoes Buttered Peas Salad and Fruit Bar Hot Roll Milk	<b>Meatball Sub</b>  Shredded Cheese Baked Beans Salad and Fruit Bar Jello Milk	<b>Beef and Cheese Nachos</b> Corn Salad and Fruit Bar Brownie Milk	<b>Chicken Fajitas</b>  Fajita Vegetables Salad and Fruit Bar Fruit Crisp Milk
Ham Sandwich/Vegetable	Chicken Nuggets/Potato	Hot Dog/Vegetable	Hamburger/Vegetable	Pizza/Salad
20	21	22	23	24
 <b>No School</b>	Pancake on a Stick Fruit Juice and Milk	Funnel Cake Strawberries and Cream Juice and Milk	Waffle Sticks Syrup and Fruit Juice and Milk	Biscuits and Gravy Fruit Juice and Milk
	<b>Chicken Tenders</b>  Mashed Potatoes Gravy Salad and Fruit Bar Hot Roll Milk	<b>Baked Potato</b>  Chili and Cheese Sour Cream Salad and Fruit Bar Chocolate Cake Milk	<b>Macaroni and Cheese</b>  Little Smokies Green Beans Salad and Fruit Bar Biscuit Milk	<b>Stuffed Crust Sausage Pizza</b> Pasta Salad Salad and Fruit Bar Fruit Crisp Milk
Crispito/Vegetable	Chicken Nuggets/Potato	Chili Dog/Vegetable	Cheeseburger/Vegetable	Pizza/Salad
27	28	29	1	2
Biscuits and Gravy Fruit Juice and Milk	Donut Fruit Juice and Milk	Yogurt and Toast Fruit Juice and Milk	Sausage, Egg and Cheese Biscuit Juice and Milk	Biscuits and Gravy Fruit Juice and Milk
<b>Turkey and Cheese Sub</b> Potato Wedges Salad and Fruit Bar Cookie Milk	<b>Salisbury Steak</b>  Mashed Potatoes Gravy Salad and Fruit Bar Hot Roll Milk	<b>Toasted Cheese</b>  Tomato Soup Salad and Fruit Bar Crackers Pudding Milk	<b>Lasagna</b>  Green Beans Salad and Fruit Bar Garlic Toast Milk	<b>Chicken Quesadilla</b>  Chips and Salsa Salad and Fruit Bar Fruit Crisp Milk
McRibb/Vegetable	Chicken Nuggets/Potato	Hot Dog/Vegetable	Hamburger/Vegetable	Pizza/Salad

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