



# SALLISAW PUBLIC SCHOOLS

## Sallisaw High School Breakfast and Lunch Menu August 2022

Welcome  
**BACK TO  
SCHOOL**

Alternate Cereal, Oatmeal or Yogurt bar available daily for

Breakfast and Lunch Served with variety milk choice

Breakfast				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>!!! IMPORTANT !!!</b> Sallisaw Public School Nutrition Update..... Meals will not automatically be free for Sallisaw High School students in the '22-'23 school year. Please fill out meal applications as soon as possible.</p>		
8	9	10	11	12
			Sausage Biscuit Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
			<b>Chicken Tenders</b>  Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Corn Dog</b>  Broccoli and Cheese Glazed Carrots Fresh Fruit and Vegetable Bar Cookie Milk
			Chicken Nuggets/Potato	Pizza/Salad
15	16	17	18	19
Omelet, Bacon and WG Toast Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Donut Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Pulled Pork BBQ Sandwich</b>  Baked Beans Corn Chips Fresh Fruit and Vegetable Bar Milk	<b>Chicken Fajita</b>  Fajita Veggies Refried Beans Fresh Fruit and Vegetable Bar Milk	<b>Chicken Fried Steak</b>  Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Cheeseburger</b>  Lettuce, Tomato and Pickle French Fries Fresh Fruit and Vegetable Bar Cake Milk	<b>Build Your Own Salad Bar</b>  "Fixins" Garlic Stick Fresh Fruit Cookie Milk
Spicy Chicken Sandwich/Veggie	Taco Bar/Veggies	Nuggets/Potato/Roll	Hamburger/Veggie	Pizza/Salad
22	23	24	25	26
Biscuits and Gravy Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Pig n Blanket</b>  Pork n Beans Potato Chips Fresh Fruit and Vegetable Bar Cookie Milk	<b>Beef Nacho's</b>  Pinto Beans Veggie Sticks w/ Dip Fresh Fruit and Vegetable Bar Milk	<b>Chicken Nuggets</b>  Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Spaghetti w/ Meat Sauce</b>  Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk	<b>Loaded Baked Potato w/Pulled Pork</b>  "Fixins" Crackers Fresh Fruit and Vegetable Bar Milk
Hot Dog/Veggie	Cheese Nacho's/Veggie	Nuggets/Potato/Roll	Hamburger/Veggie	Pizza/Salad
29	30	31	1	2
Smoothie and WG Toast Fruit Juice, Milk	Pancakes and Sausage Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Sausage, Eggs and WG Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Mr Ribb Sandwich</b>  Baked Beans Pickle Spears Corn Chips Fresh Fruit and Vegetable Bar Milk and Cooke	<b>SHS Special</b>  Chicken, Rice and Cheese Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Salisbury Steak</b>  Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Toasted Cheese Sandwich</b>  French Fries Tomato Soup Fresh Fruit and Vegetable Bar Milk	<b>Pizza</b>  Ceasar Salad Fresh Fruit and Vegetable Bar Jello Milk
Chicken Sandwich/Veggie	Burrito/Veggie	Nuggets/Potato/Roll	Hamburger/Veggie	Pizza/Salad

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

This institution is an equal opportunity provider.