



SALLISAW PUBLIC SCHOOLS

Sallisaw High School Breakfast and Lunch Menu December 2022



Alternate Cereal, Oatmeal & Yogurt Bar available for
Breakfast Daily

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		!!! IMPORTANT !!! 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.		
28	29	30	1	2
Biscuit and Gravy Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Sausage & Egg Biscuit Fruit Juice, Milk	Biscuit and Gravy Fruit Juice, Milk
Grilled Buffalo Chicken Sandwich Potato Chips Baby Carrots and Ranch Fresh Fruit and Vegetable Bar Cookie Milk	Beef Tacos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Strips Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Hot Wings French Fries Sliced Bread and Butter Fresh Fruit and Vegetable Bar Ice Cream Milk	Grab n Go Subs Potato Chips Fruit Cup Celery and Dip Milk
Soup/Sandwich/Breadstick	Burrito/Veggie	Chicken Nuggets/Potato	BBQ Wing/FF	Pizza/Salad
5	6	7	8	9
Breakfast Boat & Toast Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	HS Griddle Fruit Juice, Milk	Biscuit and Gravy Fruit Juice, Milk
Fish Sticks w/ French Fries Pinto Beans Hushpuppies Fresh Fruit and Vegetable Bar Fruit Cup Milk	Hot Ham and Cheese Croissant Sweet Potato Fries Fresh Fruit and Vegetable Bar Peach Crisp Milk	Salisbury Steak Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken Spaghetti Green Peas Garlic Bread Fresh Fruit and Vegetable Bar Milk	Bacon Cheeseburger Sub Lettuce, Tomato and Pickle Potato Chips Fresh Fruit and Vegetable Bar Cookie Milk
BPBJ Sandwich/Chips/Veggie	Meatball Sub/Veggie	Chicken Nuggets/Potato	Hamburger/Veggie	Pizza/Salad
12	13	14	15	16
Biscuits and Gravy Fruit Juice, Milk	Pancakes on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Donuts Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Corn Dog Broccoli and Cheese Fresh Fruit and Vegetable Bar Cookie Milk	Christmas Dinner Ham and Potatoes Green Beans and Hot Roll Fresh Fruit and Vegetable Bar Banana Pudding Milk	Burrito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Hamburger Lettuce, Tomato and Pickle Potato Salad Fresh Fruit and Vegetable Bar Milk	Pizza Tossed Salad Ice Cream Milk
SAME	SAME	SAME	SAME	SAME
19	20	21	22	23
*****CHRISTMAS BREAK December 19th - 30th*****				
26	27	28	29	30
Menu Subject to Change According to Product Availability				
This institution is an equal opportunity provider.				