SALLISAW PUBLIC SCHOOLS

Sallisaw High School Breakfast and Lunch Menu December 2023



27 Biscuit and Gravy Fruit Juice, Milk Vegetable Beef Soup Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk Turkey Sandwich/Chips Bur 4 Omelet, Bacon and Toast Fruit Juice, Milk J Mr. Ribb Sandwich Baked Beans Corn Chips Fresh Fruit and Vegetable Bar Cookie Milk Spicy Chicken Sandwich/Veggie Taco	28 ake on a Stick Fruit fuice, Milk Burrito Bowl clack Beans Corn t and Vegetable Bar Milk Trito/Veggie 5 ch Toast Sticks Fruit fuice, Milk Tortilla Soup edded Cheese ps and Salsa	## IMPORTANT !!! Please pay cafeteria charges weekly. 29 Breakfast Pizza Fruit Juice, Milk BBQ Baked Chicken Mashed Potatoes Glazed Cazrrots WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 6 Sausage Biscuit Fruit Juice, Milk Salisbury Steak	30 Breakfast Banana Split Toast Juice, Milk Fish Sticks Pinto Beans French Fries Fresh Fruit and Vegetable Bar Chocolate Cake Milk Hamburger/FF 7 Donuts Fruit Juice, Milk Hot Wings	1 Biscuit and Gravy Fruit Juice, Milk Corn Dog Broccoli and Cheese Fresh Fruit and Vegetable E Milk Pizza/Salad 8 Biscuit and Gravy Fruit Juice, Milk
Biscuit and Gravy Fruit Juice, Milk /egetable Beef Soup Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk Turkey Sandwich/Chips Bur 4 Omelet, Bacon and Toast Fruit Juice, Milk J Mr. Ribb Sandwich Baked Beans Corn Chips Fresh Fruit Cookie Milk picy Chicken Sandwich/Veggie Taco	ake on a Stick Fruit Fruit Fuice, Milk Burrito Bowl Corn t and Vegetable Bar Milk Milk Trito/Veggie 5 Ch Toast Sticks Fruit Fuice, Milk Tortilla Soup edded Cheese	Please pay cafeteria charges weekly. 29 Breakfast Pizza Fruit Juice, Milk BBQ Baked Chicken Mashed Potatoes Glazed Cazrrots WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 6 Sausage Biscuit Fruit Juice, Milk Salisbury Steak	30 Breakfast Banana Split Toast Juice, Milk Fish Sticks Pinto Beans French Fries Fresh Fruit and Vegetable Bar Chocolate Cake Milk Hamburger/FF 7 Donuts Fruit Juice, Milk	1 Biscuit and Gravy Fruit Juice, Milk Corn Dog Broccoli and Cheese Fresh Fruit and Vegetable E Milk Pizza/Salad 8 Biscuit and Gravy Fruit
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Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk Turkey Sandwich/Chips Bur 4 Omelet, Bacon and Toast Fruit Juice, Milk Mr. Ribb Sandwich Baked Beans Corn Chips Conkie Milk Fresh Fruit Fresh Fruit Fresh Fruit Cookie Milk picy Chicken Sandwich/Veggie Chicken Chicken Chicken Chicken Chicken Cookie Milk Taco	A Burrito Bowl clack Beans Corn t and Vegetable Bar Milk rrito/Veggie 5 ch Toast Sticks Fruit Fuice, Milk Tortilla Soup edded Cheese	BBQ Baked Chicken Mashed Potatoes Glazed Cazrrots WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 6 Sausage Biscuit Fruit Juice, Milk Salisbury Steak	Fish Sticks Pinto Beans French Fries Fresh Fruit and Vegetable Bar Chocolate Cake Milk Hamburger/FF 7 Donuts Fruit Juice, Milk	Corn Dog Broccoli and Cheese Fresh Fruit and Vegetable E Milk Pizza/Salad 8 Biscuit and Gravy Fruit
Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk Turkey Sandwich/Chips Bur 4 Omelet, Bacon and Toast Fruit Juice, Milk Mr. Ribb Sandwich Baked Beans Corn Chips Chips Fresh Fruit and Vegetable Bar Cookie Milk picy Chicken Sandwich/Veggie Taco	lack Beans Corn t and Vegetable Bar Milk rrito/Veggie 5 th Toast Sticks Fruit Tuice, Milk Tortilla Soup	Mashed Potatoes Glazed Cazrrots WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 6 Sausage Biscuit Fruit Juice, Milk Salisbury Steak	Pinto Beans French Fries Fresh Fruit and Vegetable Bar Chocolate Cake Milk Hamburger/FF 7 Donuts Fruit Juice, Milk	Broccoli and Cheese Fresh Fruit and Vegetable E Milk Pizza/Salad 8 Biscuit and Gravy Fruit
Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk Turkey Sandwich/Chips Bur 4 Omelet, Bacon and Toast Fruit Juice, Milk Mr. Ribb Sandwich Baked Beans Corn Chips Con Chips Fresh Fruit Cookie Milk picy Chicken Sandwich/Veggie Taco	Corn t and Vegetable Bar Milk rrito/Veggie 5 th Toast Sticks Fruit Tuice, Milk Tortilla Soup edded Cheese	Glazed Cazrrots WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 6 Sausage Biscuit Fruit Juice, Milk Salisbury Steak	French Fries Fresh Fruit and Vegetable Bar Chocolate Cake Milk Hamburger/FF 7 Donuts Fruit Juice, Milk	Fresh Fruit and Vegetable E Milk Pizza/Salad 8 Biscuit and Gravy Fruit
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Cinnamon Roll Milk Turkey Sandwich/Chips Bur 4 Omelet, Bacon and Toast Fruit Juice, Milk Mr. Ribb Sandwich Baked Beans Corn Chips Con Chips Tresh Fruit and Vegetable Bar Cookie Milk picy Chicken Sandwich/Veggie Taco	Milk rrito/Veggie 5 th Toast Sticks Fruit Juice, Milk Tortilla Soup	Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Potato 6 Sausage Biscuit Fruit Juice, Milk Salisbury Steak	Chocolate Cake Milk Hamburger/FF 7 Donuts Fruit Juice, Milk	Pizza/Salad 8 Biscuit and Gravy Fruit
Milk Turkey Sandwich/Chips Bur 4 Omelet, Bacon and Toast Fruit Juice, Milk Mr. Ribb Sandwich Baked Beans Corn Chips Conn Chips Tresh Fruit and Vegetable Bar Cookie Milk picy Chicken Sandwich/Veggie Taco	5 th Toast Sticks Fruit Fuice, Milk Tortilla Soup	Milk Chicken Nuggets/Potato 6 Sausage Biscuit Fruit Juice, Milk Salisbury Steak	Milk Hamburger/FF 7 Donuts Fruit Juice, Milk	8 Biscuit and Gravy Fruit
Turkey Sandwich/Chips 4 Omelet, Bacon and Toast Fruit Juice, Milk Mr. Ribb Sandwich Baked Beans Corn Chips Fresh Fruit and Vegetable Bar Cookie Milk picy Chicken Sandwich/Veggie Taco	5 th Toast Sticks Fruit Tuice, Milk Tortilla Soup	Chicken Nuggets/Potato 6 Sausage Biscuit Fruit Juice, Milk Salisbury Steak	Hamburger/FF 7 Donuts Fruit Juice, Milk	8 Biscuit and Gravy Fruit
4 Omelet, Bacon and Toast Frenc Fruit Juice, Milk J Mr. Ribb Sandwich Chicken Baked Beans Corn Chips Chips Fresh Fruit and Vegetable Bar Cookie Milk picy Chicken Sandwich/Veggie Taco	5 th Toast Sticks Fruit Tuice, Milk Tortilla Soup	6 Sausage Biscuit Fruit Juice, Milk Salisbury Steak	7 Donuts Fruit Juice, Milk	8 Biscuit and Gravy Fruit
Omelet, Bacon and Toast Fruit Juice, Milk Mr. Ribb Sandwich Baked Beans Corn Chips Cookie Milk picy Chicken Sandwich/Veggie Fresh Fruit	h Toast Sticks Fruit Juice, Milk Tortilla Soup edded Cheese	Sausage Biscuit Fruit Juice, Milk Salisbury Steak	Donuts Fruit Juice, Milk	Biscuit and <i>G</i> ravy Fruit
Fruit Juice, Milk Mr. Ribb Sandwich Baked Beans Corn Chips Chips Fresh Fruit and Vegetable Bar Cookie Milk picy Chicken Sandwich/Veggie Taco	Fruit Tuice, Milk Tortilla Soup edded Cheese	Fruit Juice, Milk Salisbury Steak	Fruit Juice, Milk	Fruit
Mr. Ribb Sandwich Baked Beans Corn Chips Chips Fresh Fruit and Vegetable Bar Cookie Milk picy Chicken Sandwich/Veggie Chicken Sandwich/Veggie Chicken	Tortilla Soup	Salisbury Steak		Juice, Milk
Baked Beans Shre Corn Chips Chip iresh Fruit and Vegetable Bar Cookie Milk picy Chicken Sandwich/Veggie Taco	edded Cheese		Hot Wines	
Corn Chips Chip Fresh Fruit and Vegetable Bar Cookie Milk picy Chicken Sandwich/Veggie Taco			i ioi wings	Baked Potato Bar
resh Fruit and Vegetable Bar Cookie Milk picy Chicken Sandwich/Veggie Taco	ps and Salsa	Mashed Potatoes and Gravy	French Fries	"Fixins"
Cookie Milk picy Chicken Sandwich/Veggie Taco		Biscuit	Sliced Bread and Butter	Garlic Stick
Milk picy Chicken Sandwich/Veggie Taco	t and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable E
picy Chicken Sandwich/Veggie Taco	Milk	Milk	Ice Cream Milk	Milk
	Salad/Veggie	Chicken Nuggets/Potato	Hamburger/Wedges	Pizza/Salad
11	12	13	14	15
Biscuits and Gravy Pance	ake on a Stick	Breakfast Pizza	Loaded Omelet and Biscuit	Biscuits and Gravy
Fruit	Fruit	Fruit	Fruit	Fruit
	Tuice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
' Christ	tmas Dinner	Chili Dog	Cheeseburger	Personal Pan Pizzo
Refried Beans	5	Shredded Cheese	Lettuce, Tomato and Pickles	Tossed Salad
Chips and Salsa	200	Fritos	Potato Wedges	Fruit
-			_	Ice Cream
MIIK	1	Milk	Milk	Milk
SAME	SAME	Chili Corn Dog/Fritos	Hamburger/Chips	SAME
18	19	20	21	22
Crispito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME	tmas	s Dinner	Shredded Cheese Fritos Fresh Fruit and Vegetable Bar Milk Chili Corn Dog/Fritos	Shredded Cheese Fritos Fresh Fruit and Vegetable Bar Milk Chili Corn Dog/Fritos Cheeseburger Lettuce, Tomato and Pickles Potato Wedges Fresh Fruit and Vegetable Bar Milk Hamburger/Chips
		Chili Corn Dog/Fritos	Hamburger/Chips	SAME
18	19	20	21	22
18	19	20	21	22