



SALLISAW PUBLIC SCHOOLS

Sallisaw High School Breakfast and Lunch Menu February 2023



Alternate Cereal, Oatmeal & Yogurt Bar available for
Breakfast Daily

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		!!! IMPORTANT !!! Please remember to pay your breakfast and lunch bills daily, weekly or monthly.		
30	31	1	2	3
Ham, Egg & Cheese Croissant Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Breakfast Nachos Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Toasted Cheese Sandwich Cream of Jalapeno Soup Fresh Fruit and Vegetable Bar Cake and Strawberries Milk National Croissant Day	SHS Special Chicken, Rice and Cheese Chips and Salsa Fresh Fruit and Vegetable Bar Milk National Hot Cocoa Day	Salisbury Steak Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Toasted Cheeseburger Lettuce, Tomato and Pickle Tator Tots Fresh Fruit and Vegetable Bar Milk National Tator Tot Day	Build Your Own Salad Bar "Fixins" Crackers Fresh Fruit and Vegetable Bar Cookie Milk
Hot Dog/ Pork n Beans	Burrito/Veggie	Chicken Nuggets/Veggie	Hamburger/Tots	Pizza/Salad
6	7	8	9	10
Biscuits and Gravy Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Loaded Breakfast Burrito Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Fish Sticks & Fries Pinto Beans Hushpuppies Coleslaw Fresh Fruit and Vegetable Bar Milk	Beef Nachos Sweet Corn Salsa Fresh Fruit and Vegetable Bar Ice Cream Milk	Chicken Tenders Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Personal Pan Pizza Spinach Salad Fresh Fruit and Vegetable Bar Milk National Pizza Day	Chicken Ceasar Wrap Broccoli w/ Ranch Fresh Fruit and Vegetable Bar Brownie Milk National Brownie Day
Hot Ham & Cheese Croissant/Veggie	Chicken Tortilla Soup	Chicken Nuggets/Veggie	Hamburger/Potato Chips	Pizza/Salad
13	14	15	16	17
Donuts Fruit Juice, Milk	 Waffles Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Omelet, Bacon & Toast Fruit Juice, Milk	NO SCHOOL
Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Stick Fresh Fruit and Vegetable Bar Milk National Italian Food Day	Chicken Burrito Bowl Rice, Black Beans and Corn Chips and Salsa Fresh Fruit and Vegetable Bar Cupcake and Milk	Chicken Fried Steak Fingers Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Sub Sandwich Lettuce, Tomato and Pickle Potato Chips Fresh Fruit and Vegetable Bar Jello Milk	
Soup, Salad and Sandwich	SAME	Chicken Nuggets/Veggie	Hamburger /FF	
20	21	22	23	24
NO SCHOOL	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Sausage Biscuit Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
 Happy Presidents Day	Breakfast for Lunch Eggs and Sausage Biscuits and Gravy Yogurt Bar Fruit Milk and Juice	Popcorn Chicken Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Mr. Ribb Sandwich w/ Baked Beans Corn Chips Fresh Fruit and Vegetable Bar Banana Bread Milk National Banana Bread Day	California Chicken Flatbread Melt Caesar Salad Fresh Fruit and Vegetable Bar Cookie Milk
	Chicken and Waffles	Chicken Nuggets/Veggie	Hamburger/Veggie	Pizza/Salad

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.