



SALLISAW PUBLIC SCHOOLS

Sallisaw High School Breakfast and Lunch Menu January 2023



Alternate Cereal, Oatmeal & Yogurt Bar available for
Breakfast Daily

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>!!! 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.</p>		
2	3	4	5	6
NO SCHOOL	Chicken and Waffles Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Sausage, Egg & Cheese Croissant Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Taco Salad Shredded Cheese Black Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Chicken Nuggets Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Spicy Chicken Sandwich Sweet Potato Fries Black Eyed Peas Fresh Fruit and Vegetable Bar Fruit Fluff Milk	Pizza Marinara Sauce Spaghetti Salad Fresh Fruit and Vegetable Bar Fruit Cup Milk
	Burrito w/ Veggie	Chicken Nuggets/Veggie	Hamburger/Wedges	Pizza/Salad
9	10	11	12	13
Biscuits and Gravy Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Donut Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Vegetable Beef Soup Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk	Loaded Chicken Waffle Fries Pinto Beans Sliced Bread and Butter Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken Pot Pie Biscuit Green Beans Fresh Fruit and Vegetable Bar Peach Crisp Milk	Baked Potato Bar "Fixins" Garlic Bread Fresh Fruit and Vegetable Bar Cookie Milk
Grilled Chicken Sandwich/Veggie	Tacho's/Veggie	Chicken Nuggets/Veggie	Hamburger/FF	Pizza/Salad
16	17	18	19	20
	Funnel Cake Strawberries Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Omelet, Bacon & Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Crispito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Roasted Chicken Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Chili Cheese Fries Fresh Fruit and Vegetable Bar Jello Milk	Parmesan Chicken Ceasar Salad Green Peas Garlic Bread Fresh Fruit and Vegetable Bar Milk
	SAME	Chicken Nuggets/Veggie	Hamburger /FF	Pizza/Salad
23	24	25	26	27
Biscuits and Gravy Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Sausage Biscuit Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Turkey and Dumplings Buttered Carrots Cornbread Fresh Fruit and Vegetable Bar Fruit Cup Milk	Beef Tacos Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Tenders Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Loaded Philly Cheesesteak Fries Corn Fresh Fruit and Vegetable Bar Milk	Pizza Marinara Sauce Spinach Salad Fresh Fruit and Vegetable Bar Cookie Milk
BBQ Sandwich/Veggie	Chicken Fajitas/Veggie	Chicken Nuggets/Veggie	Hamburger/Wedges	Pizza/Salad

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.