SALLISAW PUBLIC SCHOOLS



Sallisaw High School

Breakfast and Lunch Menu March 2024



Alternate Cereal, Oatmeal & Yogurt Bar available for Breakfast Daily

Breakfast and Lunch Served with variety milk choice

### Please remember to pay your breakfast and lunch bills daily, weekly or monthly. 26 27 28 29 1 Oatmeal and Cinnamon Toast Fruit Fruit Juice, Milk Juice, Milk Disass Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Fish and Fries Chicken Nachos Popcorn Chicken Chili Dog Baked Potato Bar Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Connog / Veggie Burrito/Veggie Chicken Nuggets/ Potato Hamburger/ Veggie Pizza/Veggie 4 5 6 7 8 Biscuits and Gravy Pancake on a Stick Breakfast Pizza Breakfast Boat Biscuits and Gravy Fruit Fruit Fruit Fruit Fruit Milk Juice, Milk		ast Daily	1		
Please remember to pay your breakfast and lunch bills daily, weekly or monthly. 26 27 28 29 29 29 29 29 20 Oethead and Ciromonon Toest Fruit Juice, Milk Fish and Fries Chicken Nachos Popcorn Chicken Hushpuppies Sweet Corn Pinit Beans Fruit Cup Pinit Beans Fruit and Vegetable Bar Fruit Turt vand Vegetable Bar Milk CarnDog / Veggie Burrito/Veggie CarnDog / Veggie Burrito/Veggie Chicken Nagests/ Potato Fruit Juice, Milk Grilled Chicken Stacue S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
your breakfast and lunch bills daily, weekly or monthly. 26 27 28 29 1 Oatmeal and Cinnamon Teest Smoothis and Teest Fruit Fruit Fruit Juice, Milk Milk Milk Milk Milk Milk Milk Milk			III IMPORTANT III	GoodBye	February
lunch bills daily, weekly or monthly. Commet and Cinnamon Toast			Please remember to pay		
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Or monthly. 26 27 28 29 1 Outnead and Cinnamon Toast Fruit Juice, Milk Juice, Milk Juice, Milk Juice, Milk Juice, Milk Juice, Milk Fish and Fries Chicken Nachos Popcorn Chicken Hushpuppies Sweet Corn Mashed Potatoes and Grany Fresh Fruit and Vegetable Bar Fruit Cup Fresh Fruit and Vegetable Bar Milk Cornbag / Veggle Burntro/Veggle Cornbag / Veggle Burntro/Veggle Cornbag / Veggle Fresh Fruit and Vegetable Bar Fruit Juice, Milk Milk More and Cheese/Smokkes Fresh Fruit and Vegetable Bar Fruit Fruit Juice, Milk Juice, Milk Milk More and Cheese/Smokkes Fruit Fruit Juice, Milk Juice, Milk Juice, Milk Milk More and Cheese/Smokkes Fresh Fruit and Vegetable Bar Fruit Fruit Fruit Fruit Fruit Juice, Milk Juice, Milk Milk More and Cheese/Smokkes Fruit Fruit Fruit Juice, Milk Juice, Milk Juice, Milk Juice, Milk Juice, Milk Milk More and Cheese/Smokkes Fresh Fruit and Vegetable Bar Fruit Fruit Fruit Fruit Fruit Juice, Milk Fresh Fruit and Vegetable Bar			lunch bills daily weekly		
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Juice, Milk	Oatmeal and Cinnamon Toast	Smoothie and Toast	Omelet and Toast	Donut	Biscuits and Gravy
Fish and Fries Chicken Nachos Popcorn Chicken Hushpuppies Sweet Corn Pinto Beans Fresh Fruit and Vegetable Bar Friesh Fruit and Vegetable Bar Milk Corn Dips Fresh Fruit and Vegetable Bar Milk Corn Dips Baked Potato Bar Corn Chips Fresh Fruit and Vegetable Bar Milk Corn Dips Baked Potato Bar Corn Chips Fresh Fruit and Vegetable Bar Milk Corn Dips Fresh Fruit and Vegetable Bar Milk Corn Dips Baked Potato Bar Corn Chips Corn Chips Corn Chips Corn Chips Corn Chips Corn Chips Sweet Corn Milk Fresh Fruit and Vegetable Bar Well of Roll Fresh Fruit and Vegetable Bar Milk Milk Mac and Cheese/Smokies Same Shredded Cheese Parta Solad Presh Fruit and Vegetable Bar Fruit Juice, Milk Pig - n - Blanket Barel Chicken Soundwich / Veggie Burito / Veggie Baretto Albeas Chips and Solas Fresh Fruit and Vegetable Bar Fruit F	Fruit	Fruit	Fruit	Fruit	Fruit
Hushpuppies Pinto Beans Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Corn Chips Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Corn Chips Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Corn Chips Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Corn Chips Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Corn Chips Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Milk Corn Chips Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Sauce Steamed Broccoli Garlic Bread Fresh Fruit and Vegetable Bar Milk Milk Mac and Cheese/Smokles Fresh Fruit and Vegetable Bar Fruit Juice, Milk Milk Mac and Cheese/Smokles Fresh Fruit and Vegetable Bar Fruit Juice, Milk Fresh Fruit and Vegetable Bar Fruit Juice, Milk Milk Mac and Cheese/Smokles Fresh Fruit and Vegetable Bar Fruit Juice, Milk Fresh Fruit and Vegetable Bar Fruit Juice, Milk Fresh Fruit and Vegetable Bar Milk Milk Mac and Cheese/Smokles Fresh Fruit and Vegetable Bar Fruit Juice, Milk Fresh Fruit and Vegetable Bar Fruit Juice, Milk Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fresh Fruit an	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
Prito Beans Fruit Cup Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk CornDog / Veggie Burrito/Veggie Chicken Nuggeta/Potato Biscuits and Gravy Fruit Juice, Milk Crispitos w/ Cheese Sauce Steamed Broccoli Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk CornDog / Veggie Burrito/Veggie Chicken Nuggeta/Potato Biscuits and Gravy Fruit Juice, Milk Juice, Milk Juice, Milk Juice, Milk Grilled Chicken Sauce Steamed Broccoli Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Mashed Potatoes and Gravy Green Beans Fresh Fruit and Vegetable Bar Milk Milk Mac and Cheese/Smokies Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fruit Juice, Milk Milk Mac and Cheese/Smokies French Toast Fruit Juice, Milk Juice, Milk Juice, Milk Fresh Fruit and Vegetable Bar Milk Mac and Cheese/Smokies French Toast Fruit Fresh Fruit and Vegetable Bar Milk Mac and Cheese/Smokies French Toast French Toast French Toast French Toast Fruit Fresh Fruit and Vegetable Bar Milk Fresh Fruit and V	Fish and Fries	Chicken Nachos	Popcorn Chicken	Chili Dog	Baked Potato Bar
First Beans Fruit Cup Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Cornboy / Veggie Burrito/Veggie Chicken Nuggets/ Potato Hamburger / Veggie Fruit Juice, Milk Grilled Chicken Sauce Steamed Broccoli Garlic Bread Fresh Fruit and Vegetable Bar Milk Mac and Cheese/Smokies Fresh Fruit Juice, Milk Mac and Cheese/Smokies Fresh Fruit Fruit Juice, Milk Mac and Cheese/Smokies Fresh Fruit Fruit Fruit Fruit Fruit Fruit Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Mac and Cheese/Smokies Fresh Fruit Fruit Fruit Fruit Fruit Grice, Milk Fresh Fruit and Vegetable Bar Milk Mac and Cheese/Smokies Fresh Fruit Fruit Fruit Fresh Fruit and Vegetable Bar Milk Mac and Cheese/Smokies Fresh Fruit and Vegetable Bar Fruit Fruit Fruit Fruit Fresh Fruit and Vegetable Bar Milk Mac and Cheese/Smokies Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fruit Fresh Fruit and Vegetable Bar Mac and Cheese/Smokies Fresh Fruit and Vegetable Bar Fruit Fru	Hushpuppies	Sweet Corn	Mashed Potatoes and Gravv	Corn Chips	Diced Ham or Chicken
Fruit Cup Milk Mi	,		· ·	Fresh Fruit and Vegetable Bar	"Fixins"
Fresh Fruit and Vegetable Bar Milk Cornbog / Veggie Burrito/Veggie Chicken Nuggets/ Potato Hamburger/ Veggie Pizza/Veggie	Fruit Cup	1	'	Apple Cake	Texas Toast
Milk CarnDog / Veggie Burrito/Veggie Chicken Nuggets/ Potato Hamburger/ Veggie Pizza/Veggie 4 5 6 7 8 Biscults and Gravy Pancake on a Stick Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fuit Juice, Milk Crispitos w/ Cheese Sauce Steamed Broccoli Garlic Bread Fresh Fruit and Vegetable Bar Milk Mac and Cheese/Smokies SAME Fresh Fruit and Vegetable Bar Milk Mac and Cheese/Smokies Fruit Fruit Fruit Fresh Roate Milk Mac and Waffles Frevit Fruit Fruit Fruit Fresh Roate Milk Mac and Waffles Frevit Fruit Juice, Milk Mac and Cheese/Smokies SAME Chicken Nuggets / Potato Hamburger / Veggie Biscults and Gravy Fresh Fruit and Vegetable Bar Fruit F	į.		Fresh Fruit and Vegetable Bar	Milk	Fresh Fruit and Vegetable Bar
Cornbog / Veggie Burrito/Veggie Chicken Nuggets/ Potato 6 7 8 Biscuits and Gravy Pancake on a Stick Fruit Juice, Milk Juice, Milk Juice, Milk Juice, Milk Baild Your Own Salad Bar Steamed Broccoli Garlic Bread Chicken Alik Fruit and Vegetable Bar Milk Acc and Cheese/Smokies SAME Chicken Nuggets / Potato Chips Alik Juice, Milk Juice, Milk Juice, Milk Juice, Milk Spicy Chicken Salad Chicken and Wastand Sauace Pasta Salad Presh Fruit and Vegetable Bar Cookke and Milk Fresh Fruit and Vegetable Bar Sadad Alik Alik Spicy Chicken Sadad Presh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Sadad Pruit Fruit Juice, Milk Spicy Chicken Sadawich / Veggie Burrito / Veggie Chicken Nuggets / Potato Hamburger / Wedges	i -		=		_
Biscuits and Gravy Fruit Fruit Fruit Fruit Fruit Fruit Fuit Fuit Fuit Fuit Fuit Fuit Fuit F	1	Burrito/Vegaje		Hamburaer/ Veaaie	
Biscuits and Gravy Fruit Juice, Milk Grilled Chicken Steamed Broccoli Gerlic Bread Fresh Fruit and Vegetable Bar Milk Mac and Cheese/Smokies Fruit Juice, Milk Fruit Fruit Juice, Milk Mac and Cheese/Smokies Fruit Fruit Fruit Fruit Juice, Milk Mac and Waffles Fresh Fruit Fruit Fruit Fruit Juice, Milk Mac and Waffles Fresh Fruit Fruit Fruit Fruit Fruit Fruit Juice, Milk Mac and Cheese/Smokies Fresh Fruit and Vegetable Fresh Fruit Fruit Fruit Fruit Fruit Fruit Juice, Milk Mac and Cheese/Smokies Fresh Fruit and Vegetable Fresh Fruit Fru					
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Grilled Chicken Sauce Steamed Broccoli Garlic Bread Fresh Fruit and Vegetable Bar Milk Malk Mac and Cheese/Smokies Fruit Juice, Milk Pig - n - Blanket Honey Mustard Sauce Steamed Milk Pig - n - Blanket Honey Mustard Sauce Postato Chips Cookie and Milk Pige - break Postato Chips Chips and Salsa Presh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Mashed Potatoes and Gravy Green Beans WG Hot Roll Fresh Fruit and Vegetable Bar Milk Milk Milk Milk Milk Milk Milk Milk	Fruit	Fruit	Fruit	Fruit	· ·
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Steamed Broccoli Garlic Bread Fresh Fruit and Vegetable Bar Milk Mac and Cheese/Smokies Fruit Fruit Juice, Milk Fresh Fruit Fresh Fruit and Vegetable Bar Kilk Fresh Fruit and Vegetable Bar Milk F		Crispitos w/ Cheese	Roasted Chicken	Boneless Hot Wings	Build Your Own Salad
Garlic Bread Chips and Salsa Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Mac and Cheese/Smokies SAME Chicken Nuggets / Potato Bagel and Cream Cheese Fruit Juice, Milk Pig - n - Blanket Honey Mustard Sauce Pasta Salad Potato Chips Potato Chips Fresh Fruit and Vegetable Bar Cookie and Milk Fresh Fruit and Vegetable Bar Milk More Hot Roll Fresh Fruit and Vegetable Bar Milk More Hamburger / Veggie Fresh Fruit and Vegetable Bar Milk Pudding Fresh Fruit and Vegetable Bar Rice Krispy Treat Milk Pig - Nath Toast Fresh Fruit and Vegetable Bar Rice Krispy Treat Milk Pig - Nath Toast Fresh Fruit and Vegetable Bar Milk Pig - Nath Toast Problems Chicken Tenders Chicken Tenders Chicken Tenders Cheeseburger Lettuce, Tomato and Pickle Sidewinder Potato Fresh Fruit and Vegetable Bar Milk Milk Milk Milk Milk Spicy Chicken Sandwich / Veggie Burrito / Veggie Chicken Nuggets / Potato Chicken Nuggets / Potato Chicken Nuggets / Potato Hamburger / Wedges	Grilled Chicken	Sauce			Bar
Garlic Bread Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Mac and Cheese/Smokies French Toast Fruit Juice, Milk Fruit Fruit Juice, Milk Beef Tacos Chicken Tenders Fresh Fruit and Vegetable Bar Poatto Chips Poatto Chips Fresh Fruit and Vegetable Bar Cookie and Milk Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable	Steamed Broccoli	Refried Beans	Mashed Potatoes and Gravv	Waffle Fries	"Fixins"
Milk Mac and Cheese/Smokies SAME Chicken Nuggets / Potato Hamburger / Veggie Pizza/Veggie 11 12 13 14 15 Chicken and Waffles Fruit Fruit Juice, Milk Pig - n - Blanket Honey Mustard Sauce Pasta Salad Potato Chips Fresh Fruit and Vegetable Bar Cookie and Milk Fresh Fruit and Vegetable Bar Cookie and Milk Spicy Chicken Sandwich / Veggie Fresh Fruit and Veggie Fresh Fruit and Veggie Fresh Fruit and Veggetable Bar Milk Rice Krispy Treat Milk R	į				
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Mac and Cheese/Smokies SAME Chicken Nuggets / Potato Hamburger / Veggie Pizza/Veggie 11 12 13 14 15 Chicken and Waffles French Toast Fruit Juice, Milk Juice, Milk Pig - n - Blanket Honey Mustard Sauce Pasta Salad Potato Chips Fresh Fruit and Vegetable Bar Cookie and Milk Fresh Fruit and Vegetable Bar Cookie and Milk Spicy Chicken Sandwich / Veggie Burrito / Veggie Chicken Nuggets / Potato Chicken Nuggets / Potato Hamburger / Veggie Pizza/Veggie Pizza/V	Milk	_	Fresh Fruit and Vegetable Bar	Milk	=
11 12 13 14 15 Chicken and Waffles French Toast Fruit Juice, Milk Juice, Milk Juice, Milk Pig - n - Blanket Beef Tacos Chicken Tenders Cheese Pasta Salad Potato Chips Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Cookie and Milk Milk Fresh Fruit and Vegetable Bar Cookie and Milk Spicy Chicken Sandwich / Veggie Burrito / Veggie Chicken Nuggets / Potato Hamburger / Wedges		Milk	Milk		
Chicken and Waffles Fruit Fruit Juice, Milk Pig - n - Blanket Honey Mustard Sauce Pasta Salad Potato Chips Fresh Fruit and Vegetable Bar Cookie and Milk Fresh Fruit and Vegetable Bar Cookie and Milk Spicy Chicken Sandwich / Veggie French Toast Fruit Juice, Milk Fruit Juice, Milk Chicken Tenders Lettuce, Tomato and Pickle Sidewinder Potato Fresh Fruit and Vegetable Bar Milk Milk Milk Spicy Chicken Sandwich / Veggie Burrito / Veggie Chicken Nuggets / Potato Hamburger / Wedges	Mac and Cheese/Smokies	SAME	Chicken Nuggets / Potato	Hamburger / Veggie	Pizza/Veggie
Fruit Juice, Milk Pig - n - Blanket Beef Tacos Chicken Tenders Cheeseburger Honey Mustard Sauce Pasta Salad Potato Chips Fresh Fruit and Vegetable Bar Cookie and Milk Fresh Fruit and Vegetable Bar Cookie Sandwich / Veggie Burrito / Veggie Fresh Chicken Nuggets / Potato Fresh Ruit and Vegetable Fresh Fruit and Vegetable F	11	12	13	14	15
Juice, Milk Pig - n - Blanket Beef Tacos Chicken Tenders Cheeseburger Honey Mustard Sauce Pasta Salad Potato Chips Fresh Fruit and Vegetable Bar Cookie and Milk Spicy Chicken Sandwich / Veggie Pinto Beans Mashed Potatoes and Gravy Sweet Peas Sidewinder Potato Fresh Fruit and Vegetable Bar Milk Milk Spicy Chicken Sandwich / Veggie Burrito / Veggie Chicken Nuggets / Potato Juice, Milk Spice, Milk Mashed Potatoes and Gravy Sidewinder Potato Fresh Fruit and Vegetable Bar Milk Milk Milk Spicy Chicken Sandwich / Veggie Burrito / Veggie Chicken Nuggets / Potato Hamburger / Wedges	,		_	·	
Pig - n - Blanket Honey Mustard Sauce Pasta Salad Potato Chips Fresh Fruit and Vegetable Bar Cookie and Milk Spicy Chicken Sandwich / Veggie Burrito / Veggie Chicken Tenders Cheeseburger Lettuce, Tomato and Pickle Sidewinder Potato Fresh Fruit and Vegetable Bar Milk Milk Milk Milk Chicken Nuggets / Potato Hamburger / Wedges	!				
Honey Mustard Sauce Pasta Salad Potato Chips Fresh Fruit and Vegetable Bar Cookie and Milk Spicy Chicken Sandwich / Veggie Shredded Cheese Mashed Potatoes and Gravy Sweet Peas Sidewinder Potato Sidewinder Potato Fresh Fruit and Vegetable Bar Milk Milk Mil	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	
Pasta Salad Pinto Beans Sweet Peas Sidewinder Potato Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Cookie and Milk Milk Spicy Chicken Sandwich / Veggie Burrito / Veggie Sidewinder Potato Fresh Fruit and Vegetable Bar Milk Milk Milk Milk Milk Milk Milk Milk	Pig - n - Blanket	Beef Tacos	Chicken Tenders	Cheeseburger	No
Pasta Salad Pinto Beans Sweet Peas Sidewinder Potato Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Cookie and Milk Milk Spicy Chicken Sandwich / Veggie Burrito / Veggie Sidewinder Potato Fresh Fruit and Vegetable Bar Milk Milk Milk Milk Milk Milk Milk Milk	Honey Mustard Sauce	Shredded Cheese	Mashed Potatoes and Gravy	Lettuce, Tomato and Pickle	6-1-1
Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Cookie and Milk Milk Milk Spicy Chicken Sandwich / Veggie Burrito / Veggie Chicken Nuggets / Potato Hamburger / Wedges	ļ ·	Pinto Beans	1	The state of the s	CHOU
Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Cookie and Milk Milk Milk Spicy Chicken Sandwich / Veggie Burrito / Veggie Chicken Nuggets / Potato Hamburger / Wedges	Potato Chips	Chips and Salsa	WG Hot Roll	Fresh Fruit and Vegetable Bar	
Spicy Chicken Sandwich / Veggie Burrito / Veggie Chicken Nuggets / Potato Hamburger / Wedges	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	=	
	Cookie and Milk	Milk	Milk		
18 19 20 21 22	Spicy Chicken Sandwich / Veggie	Burrito / Veggie	Chicken Nuggets / Potato	Hamburger / Wedges	
	18	19	20	21	22

SPRING BREAK MARCH 18th - MARCH 22nd

25	26	27	28	29
Biscuits and Gravy	Pancake on a Stick	Breakfast Pizza	Biscuits and Gravy	
Fruit	Fruit	Fruit	Fruit	GOOD FRIDAY
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	
General Tso Chicken	SHS Special	Pork Roast	Pizza	
Egg Roll and Rice Lo Mein	Chicken, Rice and Cheese Black Beans	Mashed Potatoes and Gravy Sweet Peas	Ceasar Salad Fruit Bar	No
Fresh Fruit and Vegetable Bar	Chips and Salsa	WG Hot Roll	Brownie	Cabal
Fortune Cookie	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Milk	CITOOL
Milk	Milk	Milk		
PBJ Sandwich/Chips	Taco Burger / Veggie	Chicken Nuggets / Potato	SAME	

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.