



# SALLISAW PUBLIC SCHOOLS




## Sallisaw High School Breakfast and Lunch Menu November 2022



Alternate Cereal, Oatmeal & Yogurt Bar available for

Breakfast Daily

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>!!! IMPORTANT !!!</b> 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.		
31	1	2	3	4
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
<b>Baked Potato Bar</b>  "Fixins" Breadstick Fresh Fruit and Vegetable Bar Worm Dirt' Milk	<b>SHS Special</b>  Chicken, Rice & Cheese Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Hamburger Steak</b>  Mashed Potatoes & Gravy Black Eyed Peas Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Mr. Ribb Sandwich</b>  Macaroni Salad Potato Chips Fresh Fruit and Vegetable Bar Cookie Milk	<b>Calazone</b>  Spinach Salad Fruit Cup Fresh Fruit and Vegetable Bar Milk
Breaded Chicken Sandwich/Veggie	Burrito w/ Cheese Sauce/Veggie	Chicken Nuggets/Veggie	Hamburger/FF	Pizza/Salad
7	8	9	10	11
Funnel Cake Strawberries Juice, Milk	Muffins Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Sausage Biscuit Fruit Juice, Milk	Biscuit and Gravy Fruit Juice, Milk
<b>Parmesan Chicken</b>  Green Peas Ceasar Salad Fresh Fruit and Vegetable Bar Cookie Milk	<b>Beef Nachos</b>  Pinto Beans Veggie Sticks & Dip Fresh Fruit and Vegetable Bar Milk	<b>Baked Chicken</b>  Mashed Potatoes & Gravy Carrots Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Philly Cheesesteak Fries</b>  Sliced Bread and Butter Fresh Fruit and Vegetable Bar Rice Krispy Treat Milk	<b>Grilled Chicken Salad</b>  Boiled Eggs Breadstick Fruit Cup Fresh Fruit and Vegetable Bar Milk
Soup/Sandwich/Breadstick	Beef Taco/Veggie	Chicken Nuggets/Veggie	Hamburger/Veggie	Pizza/Salad
14	15	16	17	18
Biscuits and Gravy Fruit Juice, Milk	Pancakes and Sausage Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Donuts Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Corn Dog</b>  Broccoli and Cheese Fresh Fruit and Vegetable Bar Milk	<b>Chicken Fajitas</b>  Fajita Veggies Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Thanksgiving Dinner</b>  	<b>Cheeseburger</b>  Lettuce, Tomato and Pickles Potato Wedges Fresh Fruit Milk	<b>Pizza</b>  Cesar Salad Fresh Fruit Cookie Milk
SAME	SAME	SAME	Hamburger/Wedges	SAME
21	22	23	24	25

\*\*\*\*\*THANKSGIVING BREAK November 21st - November 25th\*\*\*\*\*

\*\*\*Menu Subject to Change According to Product Availability\*\*\*

This institution is an equal opportunity provider.