



SALLISAW PUBLIC SCHOOLS

Sallisaw High School Breakfast and Lunch Menu October 2023



Alternate Cereal, Oatmeal & Yogurt Bar available for
Breakfast Daily

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		!!! IMPORTANT !!! Sallisaw Public School Nutrition Update..... Meals will not automatically be free for Sallisaw High School students in the '23-'24 school year. Please fill out meal applications as soon as possible.		
2	3	4	5	6
Donut Fruit Juice, Milk	Pancakes and Bacon Fruit Juice, Milk	Sausage Biscuit Fruit Juice, Milk	Cinnamon Toast and Oatmeal Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Breakfast for Lunch Scrambled Eggs and Sausage Biscuits and Gravy Potato Smiles Yogurt Bar and Fruit Milk and Juice	Soft Taco Day Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Tenders Mashed Potatoes & Gravy Black Eyed Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Philly CheeseSteak Fries Sliced Bread and Butter Fresh Fruit and Vegetable Bar Pudding Milk	Personal Pan Pizza Pasta Salad Strawberry Spinach Salad Fresh Fruit and Vegetable Bar Milk
Chicken and Waffles/Veggie	Crunchy Taco/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	Breakfast Boat Fruit Juice, Milk	
Smokehouse BBQ Sandwich Pickle Spears Onion Rings Baked Beans Fresh Fruit and Vegetable Bar Milk	Mexican Casserole Refried Bean Dip Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Roasted Chicken Mashed Potatoes & Gravy Roasted Vegetables WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Spaghetti and Meat Sauce Sweet Peas Garlic Breadstick Fresh Fruit and Vegetable Bar Milk	
Spicy Chicken Sandwich/Veggie	Burrito /Veggie	Chicken Nuggets/Veggie	Hamburger/FF	
16	17	18	19	20
Omelet, Bacon and Toast Fruit Juice, Milk	Chicken and waffles Fruit Juice, Milk	Sausage Biscuit Fruit Juice, Milk	PROFESSIONAL DAY	
Loaded Potato Soup Garlic Bread Caesar Salad Fresh Fruit and Vegetable Bar Milk World Food Day	General Tso Chicken Fried Rice Steamed Broccoli Fresh Fruit and Vegetable Bar Fortune Cookie Milk	Salisbury Steak Mashed Potatoes and Gravy Pinto Beans WG Hot Roll Fresh Fruit and Vegetable Bar Milk		
Grilled Cheese/Soup	EggRoll/LoMein/Veggie	Chicken Nuggets/Veggie		
23	24	25	26	27
	High School Griddle Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Bagel and Cream Cheese Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Chicken Quesadilla Spanish Rice Black Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Popcorn Chicken Mashed Potatoes and Gravy Sweet Corn WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Chili Cheese CornDog Fritos Fresh Fruit and Vegetable Bar Vanilla Pumpkin Pudding Milk National Pumpkin Day	Baked Potato Bar Ham or Chicken Garlic Bread Fresh Fruit and Vegetable Bar Cookie Milk
	Burrito/Mexican Street Corn	Chicken Nuggets/Veggie	Hamburger/FF	Pizza/Veggie

***** RED RIBBON WEEK *****

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.