



SALLISAW PUBLIC SCHOOLS

Sallisaw High School Breakfast and Lunch Menu October 2022



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 '22-'23 school year. Please fill out meal applications as soon as possible.		
3	4	5	6	7
Biscuit and Gravy Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Cinnamon Roll Fruit Juice, Milk	
Corn Dog Broccoli and Cheese Fresh Fruit and Vegetable Bar Cookie Milk	Indian Taco Shredded Cheese Pinto Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Chicken Nuggets Mashed Potatoes & Gravy Mixed Vegetables Hot Roll Fresh Fruit and Vegetable Bar Milk	Hot Wings Tater Tots Sliced Bread and Butter Fresh Fruit and Vegetable Bar Ice Cream Milk	
Chicken Salad Sandwich/Veggie	Burrito w/ Cheese Sauce/Veggie	Chicken Nuggets/Veggie	Hamburger/FF	
10	11	12	13	14
Sausage & Egg Biscuit Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	Breakfast Pizza Fruit Juice, Milk	PROFESSIONAL DAY	FALL BREAK
Beef and Broccoli Stir Fry Rice Fresh Fruit and Vegetable Bar Peach Crisp Milk	Southwest Chicken Flatbread Melt Refried Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Chicken Fried Steak Mashed Potatoes & Gravy Black Eyed Peas Hot Roll Fresh Fruit and Vegetable Bar Milk		
Grilled Chicken Salad	Burrito w/ Cheese Sauce/Veggie	Chicken Nuggets/Veggie		
17	18	19	20	21
FALL BREAK	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Donuts Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Chicken Teriyaki Rice Bowl Rice, Blackbeans and Corn Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes and Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk	Loaded French Fries Chili and Cheese "Fixins" Fresh Fruit and Vegetable Bar Cake Milk	Personal Pan Pizza Ceasar Salad Fresh Fruit Cup Fresh Fruit and Vegetable Bar Milk
	Burrito w/ Cheese Sauce/Veggie	Chicken Nuggets/Veggie	Hamburger /Veggie	Pizza/Veggie
24	25	26	27	28
Omelet, Bacon and Toast Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	High School Griddle Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Breakfast for Lunch Scrambled Eggs & Sausage Biscuits and Gravy Yogurt and Fruit Bar Milk Juice	Toasted Cheese Sandwich Tater Tots Fresh Fruit and Vegetable Bar Cake and Strawberries Milk	Popcorn Chicken Mashed Potatoes and Gravy Sweet Corn Hot Roll Fresh Fruit and Vegetable Bar Milk	Rodeo Burger Onion Rings Baked Beans Fresh Fruit and Vegetable Bar Milk	Build Your Own Salad Bar Ham or Chicken Garlic Bread Fresh Fruit and Vegetable Bar Cookie Milk
Chicken and Waffles	Grilled Chicken Sandwich/Veggie	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.