



SALLISAW PUBLIC SCHOOLS

Sallisaw High School Breakfast and Lunch Menu October 2024



Alternate Cereal, Oatmeal & Yogurt Bar available for
Breakfast Daily

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>Sallisaw Public Schools is proud to announce that all sites will eat FREE for the 2024-2025 School Year.</p>		
30	1	2	3	4
Smoothie and Toast Fruit Juice, Milk	SHS Griddle Fruit Juice, Milk	Sausage Biscuit Fruit Juice, Milk	Muffins Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Breakfast for Lunch	Chicken Fajitas	Salisbury Steak	Hot Wings	Loaded Baked Potato Soup
Scrambled Eggs and Sausage Biscuits and Gravy Hashbrowns Yogurt Bar and Fruit Milk and Juice	Refried Beans Fajita Veggies Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Mashed Potatoes & Gravy Green Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Cheesy Garlic Bread Potato Wedges Fresh Fruit and Vegetable Bar Cake and Strawberries Milk	Crackers String Cheese Fresh Fruit and Vegetable Bar Milk
Chicken and Waffles/Hashbrowns	Burrito/Veggie	Chicken Nuggets/Veggie	Hamburger/Wedges	Pizza/Salad
7	8	9	10	11
Sausage and Cheese Croissant Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk	
Spicy Breaded Chicken Sandwich	Beef Nachos	BBQ Chicken	Chili Dog	
Baked Beans Corn Chips Fresh Fruit and Vegetable Bar Cookie Milk	Corn Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Mashed Potatoes & Gravy Carrots WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Shredded Cheese Tator Tots Fresh Fruit and Vegetable Bar Milk	
PBJ, Apples & Pretzels	Chicken Quesadilla	Chicken Nuggets/Veggie	Hamburger/Veggie	
14	15	16	17	18
Cinnamon Rolls Fruit Juice, Milk	Omelet, Toast & Sausage Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk	PROFESSIONAL DAY	
Chicken Spaghetti	Tacos	Chicken Tenders		
Cesar Salad Garlic Stick Fresh Fruit and Vegetable Bar Milk	Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Cookie Milk	Mashed Potatoes and Gravy Black Eyed Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk		
Hamburger/Fries	Burrito/Chips and Salsa	Chicken Nuggets/Veggie		
21	22	23	24	25
	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Donuts Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Crispito w/ Cheese Sauce	Chicken Chunks	Frito Chili Pie	Personal Pan Pizza
	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Mashed Potatoes and Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Shredded Cheese Corn on the Cob Fresh Fruit and Vegetable Bar Milk	Spaghetti Salad Fresh Fruit and Vegetable Bar Rice Krispy Treat Milk
	SAME	Chicken Nuggets/Veggie	Hamburger/Veggie	Pizza/Salad

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.