



SALLISAW PUBLIC SCHOOLS

Sallisaw High School Breakfast and Lunch Menu September 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.		
5	6	7	8	9
NO SCHOOL	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Sausage Biscuit Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Taco Salad Shredded Cheese Refried Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk Burrito w/ Cheese Sauce	Popcorn Chicken Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie	Ham and Cheese Sandwich Spicy Jalapeno Coleslaw Potato Chips Fresh Fruit and Vegetable Bar Apples & Caramel Dip Milk Hamburger/Veggie	Macaroni and Cheese Little Smokies Green Beans Sliced Bread & Butter Fresh Fruit and Vegetable Bar Milk Pizza/Veggie
12	13	14	15	16
Breakfast Nachos Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Bagel and Cream Cheese Fruit Juice, Milk	PROFESSIONAL DAY
Meatball Sub Spinach Salad Onion Rings Fresh Fruit and Vegetable Bar Cookie Milk Chicken Sandwich/Veggie	Build Your Own Chicken Burrito Bowl Rice, Black Beans and Corn Salsa and Chips Fresh Fruit and Vegetable Bar Milk Burrito w/ Cheese Sauce	Meatloaf Mashed Potatoes & Brown Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie	Fried Chicken Loaded Waffle Fries Bread and Butter Fruit Cup Fresh Fruit and Vegetable Bar Milk Hamburger/Veggie	
19	20	21	22	23
Biscuits and Gravy Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Donuts Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Asian Chicken Bar General Tso, Teriyaki or Sweet n Sour Rice Steamed Broccoli Fresh Fruit and Vegetable Bar Fortune Cookie and Milk Hot Dog/Pork n Beans	Frito Chili Pie Shredded Cheese Sweet Corn Fresh Fruit and Vegetable Bar Milk Burrito w/ Cheese Sauce	Chicken Strips Mashed Potatoes and Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie	Fish Sticks Pinto Beans French Fries Green Tomato Relish Fresh Fruit and Vegetable Bar Milk Hamburger /FF	Build Your Own Salad Bar "Fixins" Garlic Stick Fresh Fruit and Vegetable Bar Cookie Milk Pizza/Veggie
26	27	28	29	30
Smoothie and Toast Fruit Juice, Milk	Chicken and Waffles Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Omelet, Bacon & Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Vegetable Beef Soup Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk Spicy Chicken Sandwich/Veggie	Chicken Fajitas Fajita Veggies Refried Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk Burrito w/ Cheese Sauce	BBQ Smokies Mashed Potatoes and Gravy Glazed Carrots Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie	SHS Lunchable Ham and Cheese Crackers Grapes and Carrots Fresh Fruit and Vegetable Bar Milk and Cookie Hamburger/Veggie	Spicy Chicken Wrap Broccoli Salad Potato Chips Fresh Fruit and Vegetable Bar Milk Pizza/Veggie

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.