



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School

Breakfast and Lunch Menu

January 2022



Alternate Cereal, Oatmeal, Yogurt Parfait or Grab n Go available for Breakfast Daily

Breakfast and Lunch are served daily with variety milk choice.

HAMBURGER/VEGGIE	SAME	CHICKEN NUGGETS/POTATO	SAME	PIZZA/Salad
Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Sallisaw Public Schools is proud to announce that breakfast and lunch will be served free to all students at Liberty, Eastside Sallisaw Middle School and Sallisaw High School for the 2021-2022 school year.</p>		
3	4	5	6	7
Sausage Biscuit Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Long John Fruit Juice, Milk	Breakfast Burrito Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Hot Dog Tator tots Fresh Fruit and Vegetable Bar Cookie Milk	Soft Beef Taco Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Roasted Chicken Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Vegetable Beef Soup Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk	Mr. Ribb Sandwich Baked Beans Potato Chips Fresh Fruit and Vegetable Bar Milk
10	11	12	13	14
Ham, Egg & Cheese Biscuit Fruit Juice, Milk	Waffles and Sausage Fruit Juice, Milk	Blueberry Muffins Fruit Juice, Milk	Smoothie and Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Club Sandwich on Croissant Potato Soup Fresh Fruit and Vegetable Bar Cookie Milk	Chicken Fajitas w/ Veggies Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Hamburger Steak Mashed Potatoes w/ Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken and Dumplings Peas and Carrots Fruit Cup Fresh Fruit and Vegetable Bar Milk	Fish Sticks w/ French Fries Hushpuppies & Beans Coleslaw Fresh Fruit and Vegetable Bar Milk
17	18	19	20	21
NO SCHOOL	French Toast Stick Fruit Juice, Milk	Donut Fruit Juice, Milk	Breakfast Nachos Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Tachos Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Fried Steak Mashed Potatoes w/ Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Breakfast for Lunch Scrambled Eggs & Sausage Biscuits & Gravy Fresh Fruit and Vegetable Bar Milk	California Chicken Flatbread Cesar Salad Fresh Fruit and Vegetable Bar Blueberry Crisp Milk
24	25	26	27	28
Bacon and Egg Biscuit Fruit Juice, Milk	Pancakes Fruit Juice, Milk	Goody Bun Fruit Juice, Milk	Egg Patty, Sausage and Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Toasted Ham and Cheese Sandwich Tomato Soup Goldfish Fresh Fruit and Vegetable Bar Cookie Milk	Chicken and Cheese Quesadilla Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	BBQ Chicken Breast Cheesy Potatoes Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk	Frito Chili Pie Shredded Cheese Sweet Corn Fresh Fruit and Vegetable Bar Milk	Baked Potato Bar "Fixins" Breadstick Fresh Fruit and Vegetable Bar Yogurt Fluff Milk

Menu Subject to change according to availability of product

This institution is an equal opportunity provider.