



# SALLISAW PUBLIC SCHOOLS

## Sallisaw Middle School Breakfast and Lunch Menu April 2023



Alternate Cereal, Oatmeal & Yogurt Bar available for  
Breakfast Daily

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Sallisaw Public Schools is proud to announce that Breakfast and Lunch will be served FREE to Liberty, Eastside and Sallisaw Middle School for the 2022-2023 school year.		
3	4	5	6	7
Sausage, Egg & Cheese Biscuit Fruit Juice, Milk	Waffles Fruit Juice, Milk	Goody Bun Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk	
BBQ Sandwich  Baked Beans Potato Chips Fresh Fruit and Vegetable Bar Cookie Milk	Taco Fries  Spanish Rice Salsa Fresh Fruit and Vegetable Bar Milk	Baked Ham  Mashed Potatoes and Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk and Cake	Stuffed Crust Pizza  Pasta Salad Sliced Apples and Caramel Fresh Fruit and Vegetable Bar Milk	
Corn Dog/Broccoli and Cheese	SAME	Chicken Nuggets/Potato	SAME	
10	11	12	13	14
Bacon and Egg Biscuit Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Cowboy Bread Fruit Juice, Milk	Scrambled Eggs, Sausage & Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Hot and Spicy Chicken Sandwich  French Fries Fresh Fruit and Vegetable Bar Cookie Milk	Crispito w/ Cheese Sauce  Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Fried Steak Fingers  Mashed Potatoes and Gravy Corn Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken and Waffles  Strawberries Potato Smiles Fresh Fruit and Vegetable Bar Milk	California Chicken Flatbread Melt  Cesar Salad Fresh Fruit Brownie Milk
Corn Dog/Broccoli and Cheese	SAME	Chicken Nuggets/Potato	SAME	Pizza/Salad
17	18	19	20	21
Breakfast Banana Split Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	Muffin and Yogurt Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Toasted Cheese Sandwich  Tater Tots Fresh Fruit and Vegetable Bar Cookie Milk	Soft Beef Taco  Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk Milk	Hamburger Steak  Mashed Potatoes and Gravy Steamed Broccoli Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken Fried Rice  Egg Roll Roasted Veggies Fresh Fruit and Vegetable Bar Fortune Cookie Milk	Frito Chili Pie  Shredded Cheese Sweet Corn Fresh Fruit and Vegetable Bar Yogurt Fluff Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Potato	SAME	Pizza/Salad
24	25	26	27	28
Sausage Biscuit Fruit Juice, Milk	Smoothie and Toast Fruit Juice, Milk	Long John Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk	
Mr. Ribb Sandwich  Potato Salad Corn Chips Fresh Fruit and Vegetable Bar Cookie Milk	Beef Nachos  Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Tenders  Mashed Potatoes and Gravy Galzed Carrots Hot Roll Fresh Fruit and Vegetable Bar Milk	Homemade Pizza  Tossed Salad Fresh Fruit and Vegetable Bar SideKick Milk	
Corn Dog/Broccoli and Cheese	SAME	Chicken Nuggets/Potato	Pizza/Salad	

\*\*\*Menu Subject to Change According to Product Availability\*\*\*

This institution is an equal opportunity provider.