



# SALLISAW PUBLIC SCHOOLS

## Sallisaw Middle School Breakfast and Lunch Menu December 2022



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.		
28	29	30	1	2
Ham,Egg & Cheese Muffin Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Cowboy Bread Fruit Juice, Milk	Breakfast Burrito Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>BBQ Sandwich</b>  Potato Chips Baked Beans Fresh Fruit and Vegetable Bar Cookie Milk	<b>SMS Special</b>  Chicken, Cheese & Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Roasted Chicken</b>  Mashed Potatoes & Gravy Corn Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Fish Sticks</b>  Onion Rings Coleslaw Hushpuppies Fresh Fruit and Vegetable Bar Milk	<b>Baked Potato Bar</b>  "Fixins" Garlic Breadstick Fresh Fruit and Vegetable Bar Brownie Milk
Corn Dog / Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza /Veggie
5	6	7	8	9
Breakfast Pizza Fruit Juice, Milk	Waffles Fruit Juice, Milk	Donut Fruit Juice, Milk	Cheese Omelet, Sausage & Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Bacon, Egg &amp; Cheese Croissant</b>  Sweet Potato Fries Fresh Fruit and Vegetable Bar Cookie Milk	<b>Taco Soup</b>  Cheese Quesadilla Salsa and Chips Fresh Fruit and Vegetable Bar Milk	<b>Hamburger Steak</b>  Mashed Potatoes & Gravy Steamed Broccoli Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Chicken and Dumplings</b>  Peas and Carrots Breadstick Fresh Fruit and Vegetable Bar Milk	<b>PBJ Sandwich &amp; String Cheese</b>  Celery Sticks Pretzels Fresh Fruit and Vegetable Bar Yogurt Fluff Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
12	13	14	15	16
Sausage Biscuit Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Goody Bun Fruit Juice, Milk	Scrambled Eggs, Sausage and Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Cheeseburger</b>  Lettuce, Tomato and Pickle French Fries Pork n Beans Fresh Fruit and Vegetable Bar Milk	<b>Burrito w/ Cheese Sauce</b>  Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Christmas Dinner</b>  	<b>Potato Soup</b>  Ham and Cheese Sliders Breadstick Fresh Fruit and Vegetable Bar Milk	<b>Stuffed Crust Pizza</b>  Tossed Salad Fresh Fruit and Vegetable Bar Sherbert Milk
SAME	SAME	SAME	SAME	SAME
19	20	21	22	23
***** <b>CHRISTMAS BREAK DECEMBER 19th - DECEMBER 30th</b> *****				
26	27	28	29	30
***Menu Subject to Change According to Product Availability***				
This institution is an equal opportunity provider.				