



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School Breakfast and Lunch Menu February 2023



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 Breakfast and Lunch will be served FREE to Liberty, Eastside and Sallisaw Middle School for the 2022-2023 school year.</p>		
30	31	1	2	3
Cinnamon Toast & Yogurt Fruit Juice, Milk	Waffles Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	Omelet and Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
BBQ Sandwich Coleslaw Potato Chips Fresh Fruit and Vegetable Bar Cookie Milk and Cookie	SMS Special Chicken, Cheese and Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Fried Steak Fingers Mashed Potatoes & Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Spaghetti and Meat Sauce Seasoned Green Beans Breadstick Fresh Fruit and Vegetable Bar Milk	Fish Sticks and Fries Hushpuppies Pinto Beans Fresh Fruit and Vegetable Bar Jello Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Salad
6	7	8	9	10
Donut Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Muffin & Yogurt Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Cheeseburger Lettuce, Tomato and Pickles Sweet Potato Fries Fresh Fruit and Vegetable Bar Cookie Milk and Cookie	Soft Beef Taco Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Roasted Chicken Mashed Potatoes & Gravy Glazed Carrots Hot Roll Fresh Fruit and Vegetable Bar Milk	Breakfast for Lunch Biscuits and Gravy Sausage and Eggs Yogurt Bar Fresh Fruit and Vegetable Bar Juice, Milk	California Chicken Flatbread Melt Cesar Salad Fresh Fruit and Vegetable Bar Peach Cobbler Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Salad
13	14	15	16	17
Sausage Biscuit Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Long John Fruit Juice, Milk	Scrambled Eggs, Sausage & Toast Fruit Juice, Milk	NO SCHOOL
Mr. Ribb Sandwich Baked Beans Corn Chips Fresh Fruit and Vegetable Bar Cookie Milk	Crispito w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Popcorn Chicken Mashed Potatoes & Gravy Sweet Corn Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken and Waffles Strawberries Syrup Cup Fresh Fruit and Vegetable Bar Milk	
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	
20	21	22	23	24
NO SCHOOL	Pancakes and Sausage Fruit Juice, Milk	Goody Bun Fruit Juice, Milk	Breakfast Nachos Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Indian Taco Shredded Cheese Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Hamburger Steak Mashed Potatoes & Gravy Steamed Broccoli Hot Roll Fresh Fruit and Vegetable Bar Milk	Vegetable Beef Soup Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk	Baked Potato Bar "Fixins" Garlic Stick Fresh Fruit and Vegetable Bar Ice Cream Milk
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Salad

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.