



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School Breakfast and Lunch Menu January 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>		
2	3	4	5	6
NO SCHOOL	Chicken and Waffles Fruit Juice, Milk	Donut Fruit Juice, Milk	Muffin and Yogurt Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Crispitos w/ Cheese Sauce 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 Scrambled Eggs & Sausage Biscuits and Gravy Fruit Yogurt Fluff Milk	California Chicken Flatbread Melt Cesar Salad Fresh Fruit and Vegetable Bar Brownie Milk
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Salad
9	10	11	12	13
Sausage Biscuit Fruit Juice, Milk	Pancakes and Bacon Fruit Juice, Milk	Goody Bun Fruit Juice, Milk	Breakfast Burrito Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Asian Chicken Bar Teriyaki, Sweet n Sour or General Tso Rice Roasted Veggies Fresh Fruit and Vegetable Bar Milk and Cookie	Taco Fries Shredded Cheese Pinto Beans Fresh Fruit and Vegetable Bar Milk	Chicken Tenders Mashed Potatoes & Gravy Sweet Corn Hot Roll Fresh Fruit and Vegetable Bar Milk	Vegetable Beef Soup Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk	Spicy Chicken Sandwich Broccoli Salad Potato Chips Fresh Fruit and Vegetable Bar Ice Cream Sandwich Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Salad
16	17	18	19	20
	French Toast Sticks Fruit Juice, Milk	Long John Fruit Juice, Milk	Scrambled Eggs, Sausage & Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Beef and Cheese Nachos Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk	Teriyaki Chicken Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie Milk	Toasted Cheese Sandwich Tomato Soup Goldfish Fresh Fruit and Vegetable Bar Pudding Milk
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Salad
23	24	25	26	27
Bacon, Egg & Cheese Biscuit Fruit Juice, Milk	Waffles Fruit Juice, Milk	Funnel Cake Fruit Juice, Milk	Breakfast Nachos Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Meatball Sub Shredded Cheese Onion Rings Fresh Fruit and Vegetable Bar Cookie Milk	Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Popcorn Chicken Mashed Potatoes & Gravy Steamed Broccoli Hot Roll Fresh Fruit and Vegetable Bar Milk	Macaroni and Cheese Little Smokies Green Beans Biscuit Fresh Fruit and Vegetable Bar Milk	Frito Chili Pie Corn Fresh Fruit and Vegetable Bar Chocolate Cake Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Salad

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.