2	SALLIS	SAW PUBLIC SC	HOOLS	Scrool
HELLO	Sc	ullisaw Middle Sch	ool	
WINTER	Breakfast and Lunch Menu January 2023			
				rienas
Alternate Cereal, Oatmeal	& Yogurt Bar available for	Junuary 2023	Breakfast and Lunch Serv	ed with variety milk choice
Breakfo MONDAY	ast Dailv TUESDAY	WEDNESDAY	THURSDAY	, FRIDAY
MONORY	1020047	Sallisaw Public Schools is	THORSDAY	181087
	de ala	proud to announce that		
	\mathbf{x}_{1}	Breakfast and Lunch will be	Hel	lo
		served FREE to Liberty,		
	XXX	Eastside and Sallisaw Middle	Jan	uary
XIX	' 1	School for the 2022-2023		
		school year.		\$
2	3	4	5	6
	Chicken and Waffles	Donut	Muffin and Yogurt	Biscuits and Gravy
NO SCHOOL	Fruit	Fruit	Fruit	Fruit
	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
	Crispitos w/ Cheese	_ · -· · ·		California Chicken
	Sauce	Roasted Chicken	Breakfast for Lunch	Flatbread Melt
Hahh	Refried Beans	Mudud Data and	Scrambled Foos & Sousaos	Ceasar Salad
Jujjy		Mashed Potatoes & Gravy	Scrambled Eggs & Sausage	
(New	Chips and Salsa	Glazed Carrots	Biscuits and Gravy	Fresh Fruit and Vegetable Ba
Clean	Fresh Fruit and Vegetable Bar	Hot Roll	Fruit	Brownie
gui	Milk	Fresh Fruit and Vegetable Bar	Yogurt Fluff	Milk
		Milk	Milk	
	SAME	Chicken Nuggets/Veggie	5AME 12	Pizza/Salad
9 Courses Pissuit	10 Pancakes and Bacon	11 Goody Burn	Breakfast Burrito	13 Biscuits and Gravy
Sausage Biscuit Fruit	Fruit	Goody Bun Fruit	Fruit	Fruit
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
Juice, Milk	Juice, Milk	Juice, Milk		
Asian Chicken Bar	Taco Fries	Chicken Tenders	Vegetable Beef Soup	Spicy Chicken
				Sandwich
Teriyaki, Sweet n Sour or General Tso	Shredded Cheese	Mashed Potatoes & Gravy	Cheese Stick	Broccoli Salad
Rice	Pinto Beans	Sweet Corn	Crackers	Potato Chips
Roasted Veggies	Fresh Fruit and Vegetable Bar	Hot Roll	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Ba
Fresh Fruit and Vegetable Bar	Milk	Fresh Fruit and Vegetable Bar	Cinnamon Roll	Ice Cream Sandwich
Milk and Cookie Corn Dog/Veggie	SAME	Milk Chicken Nuggets/Veggie	Milk SAME	Milk Pizza/Salad
16	17	18	19	20
10	French Toast Sticks	Long John	Scrambled Eggs,Sausage & Toast	Biscuits and Gravy
	Fruit	Fruit	Fruit	Fruit
	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
	Beef and Cheese			Toasted Cheese
		Callabarra Charle	Tanimali, Chiakan	
(T)	Nachas	Salisbury Steak	Teriyaki Chicken	Sandwich
	Nachos			Sandwich
NO	Refried Beans	Mashed Potatoes & Gravy	Steamed Rice	Tomato Soup
No	Refried Beans Salsa	Mashed Potatoes & Gravy Green Beans	Steamed Rice Egg Roll	Tomato Soup Goldfish
No School	Refried Beans	Mashed Potatoes & Gravy Green Beans Hot Roll	Steamed Rice	Tomato Soup Goldfish
No School	Refried Beans Salsa Fresh Fruit and Vegetable Bar	Mashed Potatoes & Gravy Green Beans	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar	Tomato Soup Goldfish Fresh Fruit and Vegetable Ba
No School	Refried Beans Salsa Fresh Fruit and Vegetable Bar	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie	Tomato Soup Goldfish Fresh Fruit and Vegetable Ba Pudding
No School	Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk SAME 24	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 25	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie Milk SAME 26	Tomato Soup Goldfish Fresh Fruit and Vegetable Ba Pudding Milk Pizza/Salad 27
Bacon, Egg & Cheese Biscuit	Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk SAME 24 Waffles	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 25 Funnel Cake	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie Milk SAME 26 Breakfast Nachos	Tomato Soup Goldfish Fresh Fruit and Vegetable Ba Pudding Milk Pizza/Salad 27 Biscuits and Gravy
Bacon, Egg & Cheese Biscuit Fruit	Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk SAME 24 Waffles Fruit	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 25 Funnel Cake Fruit	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie Milk SAME 26 Breakfast Nachos Fruit	Tomato Soup Goldfish Fresh Fruit and Vegetable Ba Pudding Milk Pizza/Salad 27 Biscuits and Gravy Fruit
Bacon, Egg & Cheese Biscuit	Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk SAME 24 Waffles Fruit Juice, Milk	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 25 Funnel Cake	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie Milk SAME 26 Breakfast Nachos	Tomato Soup Goldfish Fresh Fruit and Vegetable Bo Pudding Milk Pizza/Salad 27 Biscuits and Gravy
Bacon, Egg & Cheese Biscuit Fruit Juice, Milk	Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk SAME 24 Waffles Fruit	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 25 Eunnel Cake Fruit Juice, Milk	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie Milk SAME 26 Breakfast Nachos Fruit Juice, Milk	Tomato Soup Goldfish Fresh Fruit and Vegetable Ba Pudding Milk Pizza/Salad 27 Biscuits and Gravy Fruit Juice, Milk
Bacon, Egg & Cheese Biscuit Fruit	Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk SAME 24 Waffles Fruit Juice, Milk	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 25 Funnel Cake Fruit	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie Milk SAME 26 Breakfast Nachos Fruit	Tomato Soup Goldfish Fresh Fruit and Vegetable Bo Pudding Milk Pizza/Salad 27 Biscuits and Gravy Fruit
Bacon, Egg & Cheese Biscuit Fruit Juice, Milk	Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk SAME 24 Waffles Fruit Juice, Milk Chicken and Cheese Quesadilla	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 25 Funnel Cake Fruit Juice, Milk Popcorn Chicken	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie Milk SAME 26 Breakfast Nachos Fruit Juice, Milk	Tomato Soup Goldfish Fresh Fruit and Vegetable Bo Pudding Milk Pizza/Salad 27 Biscuits and Gravy Fruit Juice, Milk
Bacon, Egg & Cheese Biscuit Fruit Juice, Milk Meatball Sub Shredded Cheese	Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk SAME 24 Waffles Fruit Juice, Milk Chicken and Cheese	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 25 Eunnel Cake Fruit Juice, Milk	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie Milk SAME 26 Breakfast Nachos Fruit Juice, Milk Macaroni and Cheese	Tomato Soup Goldfish Fresh Fruit and Vegetable Bo Pudding Milk Pizza/Salad 27 Biscuits and Gravy Fruit Juice, Milk Frito Chili Pie Corn
Bacon, Egg & Cheese Biscuit Fruit Juice, Milk Meatball Sub Shredded Cheese Onion Rings	Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk SAME 24 Waffles Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 25 Funnel Cake Fruit Juice, Milk Popcorn Chicken Mashed Potatoes & Gravy	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie Milk SAME 26 Breakfast Nachos Fruit Juice, Milk Macaroni and Cheese Little Smokies	Tomato Soup Goldfish Fresh Fruit and Vegetable Bo Pudding Milk Pizza/Salad 27 Biscuits and Gravy Fruit Juice, Milk Frito Chili Pie Corn
Bacon, Egg & Cheese Biscuit Fruit Juice, Milk Meatball Sub Shredded Cheese	Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk SAME 24 Waffles Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 25 Funnel Cake Fruit Juice, Milk Popcorn Chicken Mashed Potatoes & Gravy Steamed Broccoli	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie Milk SAME 26 Breakfast Nachos Fruit Juice, Milk Macaroni and Cheese Little Smokies Green Beans	Tomato Soup Goldfish Fresh Fruit and Vegetable Ba Pudding Milk Pizza/Salad 27 Biscuits and Gravy Fruit Juice, Milk Frito Chili Pie Corn Fresh Fruit and Vegetable Ba
Bacon, Egg & Cheese Biscuit Fruit Juice, Milk Meatball Sub Shredded Cheese Onion Rings Fresh Fruit and Vegetable Bar	Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk SAME 24 Waffles Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 25 Funnel Cake Fruit Juice, Milk Popcorn Chicken Mashed Potatoes & Gravy Steamed Broccoli Hot Roll	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie Milk SAME 26 Breakfast Nachos Fruit Juice, Milk Macaroni and Cheese Little Smokies Green Beans Biscuit	Tomato Soup Goldfish Fresh Fruit and Vegetable Ba Pudding Milk Pizza/Salad 27 Biscuits and Gravy Fruit Juice, Milk Frito Chili Pie Corn Fresh Fruit and Vegetable Ba Chocolate Cake
Bacon, Egg & Cheese Biscuit Fruit Juice, Milk Meatball Sub Shredded Cheese Onion Rings Fresh Fruit and Vegetable Bar Cookie	Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk SAME 24 Waffles Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 25 Funnel Cake Fruit Juice, Milk Popcorn Chicken Mashed Potatoes & Gravy Steamed Broccoli Hot Roll Fresh Fruit and Vegetable Bar	Steamed Rice Egg Roll Fresh Fruit and Vegetable Bar Fortune Cookie Milk SAME 26 Breakfast Nachos Fruit Juice, Milk Macaroni and Cheese Little Smokies Green Beans Biscuit Fresh Fruit and Vegetable Bar Milk SAME	Tomato Soup Goldfish Fresh Fruit and Vegetable Ba Pudding Milk Pizza/Salad 27 Biscuits and Gravy Fruit Juice, Milk Frito Chili Pie Corn Fresh Fruit and Vegetable Ba Chocolate Cake