



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School Breakfast and Lunch Menu March 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>		
27	28	1	2	3
Smoothie and Toast Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Hot Dog Sweet Potato Fries Fresh Fruit and Vegetable Bar Peach Crisp Milk	Soft Beef Taco Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Tenders Mashed Potatoes and Gravy Glazed Carrots Hot Roll Fresh Fruit and Vegetable Bar Milk	Biscuits and Gravy Scrambled Eggs and Sausage Yogurt Bar Fruit Juice, Milk	Chili Cheese Fries Sweet Corn Fresh Fruit and Vegetable Bar Jello Milk
Corn Dog/Broccoli and Cheese	SAME	Chicken Nuggets/Potato	SAME	Pizza/Salad
6	7	8	9	10
Breakfast Pizza Fruit Juice, Milk	Waffles Fruit Juice, Milk	Donut Fruit Juice, Milk	Biscuits and Gravy w/ Sausage Fruit Juice, Milk	
Egg Roll w/ Sweet n Sour Sauce Lo Mein Noodles Fresh Fruit and Vegetable Bar Fortune Cookie Milk	Burrito w/ Cheese Sauce Spanish Rice 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	Pizza Strawberry Spinach Salad Fresh Fruit and Vegetable Bar Sherbert Ice Cream Milk	
Corn Dog/Broccoli and Cheese	SAME	Chicken Nuggets/Potato	SAME	
13	14	15	16	17
SPRING BREAK MARCH 13th - MARCH 17th				
20	21	22	23	24
Sausage and Egg Biscuit Fruit Juice, Milk	Pancakes Fruit Juice, Milk	Omelet and Toast Fruit Juice, Milk	Breakfast Burrito Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Cheeseburger Lettuce, Tomato and Pickle Potato Wedges Fresh Fruit and Vegetable Bar Cookie Milk	SMS Special Chicken, Cheese and Rice Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes and Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken and Dumplings Peas and Carrots CornBread Fresh Fruit and Vegetable Bar Milk	PBJ Sandwich Cheese Stick Pretzels Fresh Fruit and Vegetable Bar Yogurt Fluff Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Potato	SAME	Pizza/Salad
27	28	29	30	31
Sausage Biscuit Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Long John Fruit Juice, Milk	Cinnamon Toast and Yogurt Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Toasted Cheese Sandwich Tomato Soup Goldfish Crackers Fresh Fruit and Vegetable Bar Cookie Milk	Beef Nachos Pinto Beans Salsa Fresh Fruit and Vegetable Bar Milk	Popcorn Chicken Mashed Potatoes and Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Baked Potato Bar "Fixins" Garlic Toast Fresh Fruit and Vegetable Bar Ice Cream	Sub Sandwich Lettuce, Tomato and Pickles Onion Rings Fresh Fruit and Vegetable Bar Milk
Corn Dog/Broccoli and Cheese	SAME	Chicken Nuggets/Potato	SAME	Pizza/Salad

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.