



# SALLISAW PUBLIC SCHOOLS

## Sallisaw Middle School

### Breakfast and Lunch Menu

August 2022

Welcome  
**BACK TO  
SCHOOL**

Alternate Cereal, Oatmeal and Yogurt choice available daily  
for Breakfast

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>		
8	9	10	11	12
			Cereal and Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
			<b>Cheeseburger</b>  French Fries Lettuce, Tomato and Pickle Fruit Cookie Milk	<b>Pepperoni Pizza</b>  Spinach Salad Fruit SideKick Milk
			SAME	SAME
15	16	17	18	19
Sausage Biscuit Fruit Juice, Milk	Waffles Fruit Juice, Milk	Donut Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Hot Ham and Cheese Sliders</b>  Tater Tots Glazed Carrots Fresh Fruit and Vegetable Bar Cookie Milk	<b>Beef and Cheese Nachos</b>  Refried Beans Salsa Fresh Fruit and Vegetable Bar Milk	<b>Salisbury Steak</b>  Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Chicken and Waffles</b>  Syrup Cup Strawberries Fresh Fruit and Vegetable Bar Milk	<b>Build Your Own Salad Bar</b>  "Fixins" Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk
Corndog/Veggie	SAME	Nuggets/Potato/Roll	SAME	Pizza/Veggie
22	23	24	25	26
Chicken Biscuit Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	Omelet and WG Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Sloppy Joe</b>  Potato Wedges Coleslaw Fresh Fruit and Vegetable Bar Cookie Milk	<b>Chicken and Cheese Quesadilla</b>  Spanish Rice Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Chicken Fried Steak Fingers</b>  Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Spaghetti w/ Meat Sauce</b>  Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk	<b>Breakfast Pizza</b>  Sweet Corn Fresh Fruit and Vegetable Bar Brownie Milk
Corndog/Veggie	SAME	Nuggets/Potato/Roll	SAME	Pizza/Veggie
29	30	31	1	2
Ham, Egg & Cheese Biscuit Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Goody Bun Fruit Juice, Milk	Muffin and Yogurt Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Breaded Chicken Sandwich</b>  Lettuce, Tomato & Pickle Pork n Beans Fresh Fruit and Vegetable Bar Cooke Milk	<b>Chicken Fajitas</b>  Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Popcorn Chicken</b>  Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Breakfast for Lunch</b>  Scrambled Eggs and Sausage Hashbrown and WG Toast Fruit Bar Juice, Milk	<b>Baked Potato Bar</b>  "Fixins" Garlic Bread Fresh Fruit and Vegetable Bar Sherbert Ice Cream Milk
Corndog/Veggie	SAME	Nuggets/Potato/Roll	SAME	Pizza/Veggie

\*\*\* Menu Subject to Change According to Product Availability\*\*\*

This institution is an equal opportunity provider.