

SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School

Breakfast and Lunch Menu May 2023



Alternate Cereal, Oatmeal or Parfait Available daily for

Breakfast and Lunch Served with variety milk choice

Breakfast		Breakfast and Lunch Served with variety milk choice		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
under @ Sallisa May 30th - Jur	students 18 and w Middle School, ne 22nd11:30- ay - Thursday	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.		
1	2	3	4	5
Sausage & Egg Biscuit	Pancakes	Donut	Breakfast Pizza	Biscuits and Gravy
Fruit	Fruit	Fruit	Fruit	Fruit
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
BBQ Sandwich	Burritos w/ Cheese Sauce	Chef's Choice	Spaghetti w/ Meat Sauce	PB&J Sandwich
Baked Beans	Spanish Rice	Mashed Potatoes	Green Beans	Cheese Stick
Potato Chips	Chips and Salsa	Gravy	Garlic Bread	Crunchy Pretzels
Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Hot Roll	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar
Cookie	Milk	Fresh Fruit and Vegetable Bar	Milk	Milk
Milk		Milk		
Corn Dog/Veggie	SAME	SAME	SAME	Pizza/Salad
8	9	10	11	12
Sausage Biscuit	Pancake on a Stick	Chef's Choice	Cheese Omelet and Toast	Biscuits and Gravy
Fruit	Fruit	Fruit	Fruit	Fruit
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
Breaded Chicken Crisitos w/ Cheese			Toasted Ham and	
Sandwich	Sauce	Salisbury Steak	Little Smokies	Cheese Sandwich
Sanawich				
	Refried Beans	Mashed Potatoes	Macaroni and Cheese	
Lettuce, Tomato and Pickles French Fries		Mashed Potatoes Gravy	Macaroni and Cheese Sweet Peas	Corn Chips
Lettuce, Tomato and Pickles French Fries	Refried Beans	Mashed Potatoes Gravy Hot Roll		Corn Chips Pickle Spears
Lettuce, Tomato and Pickles	Refried Beans Chips and Salsa	<i>G</i> ravy Hot Roll	Sweet Peas Biscuit	Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar
Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar	Gravy	Sweet Peas	Corn Chips Pickle Spears
Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar	<i>G</i> ravy Hot Roll Fresh Fruit and Vegetable Bar	Sweet Peas Biscuit Fresh Fruit and Vegetable Bar	Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Yogurt Fluff
Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie Milk	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<i>G</i> ravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Sweet Peas Biscuit Fresh Fruit and Vegetable Bar Milk	Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Yogurt Fluff Milk
Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie Milk Corn Dog/Veggie	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME	Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk Nuggets/Potato/Roll	Sweet Peas Biscuit Fresh Fruit and Vegetable Bar Milk SAME	Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Yogurt Fluff Milk Pizza/Salad
Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie Milk Corn Dog/Veggie	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME	Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk Nuggets/Potato/Roll	Sweet Peas Biscuit Fresh Fruit and Vegetable Bar Milk SAME	Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Yogurt Fluff Milk Pizza/Salad
Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie Milk Corn Dog/Veggie 15 Sausage & Cheese Biscuit	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 16 French Toast Sticks	Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk Nuggets/Potato/Roll 17 Donut	Sweet Peas Biscuit Fresh Fruit and Vegetable Bar Milk SAME 18 Biscuits and Gravy	Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Yogurt Fluff Milk Pizza/Salad
Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie Milk Corn Dog/Veggie 15 Sausage & Cheese Biscuit Fruit	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 16 French Toast Sticks Fruit	Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk Nuggets/Potato/Roll 17 Donut Fruit	Sweet Peas Biscuit Fresh Fruit and Vegetable Bar Milk SAME 18 Biscuits and Gravy Fruit	Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Yogurt Fluff Milk Pizza/Salad
Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie Milk Corn Dog/Veggie 15 Sausage & Cheese Biscuit Fruit Juice, Milk	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 16 French Toast Sticks Fruit Juice, Milk	Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk Nuggets/Potato/Roll 17 Donut Fruit Juice, Milk	Sweet Peas Biscuit Fresh Fruit and Vegetable Bar Milk SAME 18 Biscuits and Gravy Fruit Juice, Milk	Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Yogurt Fluff Milk Pizza/Salad
Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie Milk Corn Dog/Veggie 15 Sausage & Cheese Biscuit Fruit Juice, Milk Cheeseburger	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 16 French Toast Sticks Fruit Juice, Milk Stuffed Crust Pizza	Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk Nuggets/Potato/Roll 17 Donut Fruit Juice, Milk Chicken Nuggets	Sweet Peas Biscuit Fresh Fruit and Vegetable Bar Milk SAME 18 Biscuits and Gravy Fruit Juice, Milk Sack Lunches	Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Yogurt Fluff Milk Pizza/Salad
Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie Milk Corn Dog/Veggie 15 Sausage & Cheese Biscuit Fruit Juice, Milk Cheeseburger Lettuce, Tomato and Pickle	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 16 French Toast Sticks Fruit Juice, Milk Stuffed Crust Pizza Corn	Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk Nuggets/Potato/Roll 17 Donut Fruit Juice, Milk Chicken Nuggets Mashed Potatoes	Sweet Peas Biscuit Fresh Fruit and Vegetable Bar Milk SAME 18 Biscuits and Gravy Fruit Juice, Milk Sack Lunches CornDog	Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Yogurt Fluff Milk Pizza/Salad
Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie Milk Corn Dog/Veggie 15 Sausage & Cheese Biscuit Fruit Juice, Milk Cheeseburger Lettuce, Tomato and Pickle French Fries Fresh Fruit and Vegetable Bar Cookie	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 16 French Toast Sticks Fruit Juice, Milk Stuffed Crust Pizza Corn Pasta Salad	Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk Nuggets/Potato/Roll 17 Donut Fruit Juice, Milk Chicken Nuggets Mashed Potatoes Gravy	Sweet Peas Biscuit Fresh Fruit and Vegetable Bar Milk SAME 18 Biscuits and Gravy Fruit Juice, Milk Sack Lunches CornDog Fruit and Vegetable Cookie Milk and Juice	Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Yogurt Fluff Milk Pizza/Salad
Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie Milk Corn Dog/Veggie 15 Sausage & Cheese Biscuit Fruit Juice, Milk Cheeseburger Lettuce, Tomato and Pickle French Fries Fresh Fruit and Vegetable Bar	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 16 French Toast Sticks Fruit Juice, Milk Stuffed Crust Pizza Corn Pasta Salad Fresh Fruit and Vegetable Bar	Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk Nuggets/Potato/Roll 17 Donut Fruit Juice, Milk Chicken Nuggets Mashed Potatoes Gravy Hot Roll	Sweet Peas Biscuit Fresh Fruit and Vegetable Bar Milk SAME 18 Biscuits and Gravy Fruit Juice, Milk Sack Lunches CornDog Fruit and Vegetable Cookie	Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Yogurt Fluff Milk Pizza/Salad
Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie Milk Corn Dog/Veggie 15 Sausage & Cheese Biscuit Fruit Juice, Milk Cheeseburger Lettuce, Tomato and Pickle French Fries Fresh Fruit and Vegetable Bar Cookie	Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 16 French Toast Sticks Fruit Juice, Milk Stuffed Crust Pizza Corn Pasta Salad Fresh Fruit and Vegetable Bar Milk SAME	Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk Nuggets/Potato/Roll 17 Donut Fruit Juice, Milk Chicken Nuggets Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar	Sweet Peas Biscuit Fresh Fruit and Vegetable Bar Milk SAME 18 Biscuits and Gravy Fruit Juice, Milk Sack Lunches CornDog Fruit and Vegetable Cookie Milk and Juice LAST DAY OF SCHOOL SAME	Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Yogurt Fluff Milk Pizza/Salad