



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				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Free Meals to students 18 and under @ Sallisaw Middle School, May 30th - June 22nd....11:30-12:30...Monday - 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 Fruit Juice, Milk	Pancakes Fruit Juice, Milk	Donut Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
BBQ Sandwich Baked Beans Potato Chips Fresh Fruit and Vegetable Bar Cookie Milk	Burritos w/ Cheese Sauce Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chef's Choice Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Spaghetti w/ Meat Sauce Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk	PB&J Sandwich Cheese Stick Crunchy Pretzels Fresh Fruit and Vegetable Bar Milk
Corn Dog/Veggie	SAME	SAME	SAME	Pizza/Salad
8	9	10	11	12
Sausage Biscuit Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Chef's Choice Fruit Juice, Milk	Cheese Omelet and Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Breaded Chicken Sandwich Lettuce, Tomato and Pickles French Fries Fresh Fruit and Vegetable Bar Cookie Milk	Crisitos w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Little Smokies Macaroni and Cheese Sweet Peas Biscuit Fresh Fruit and Vegetable Bar Milk	Toasted Ham and Cheese Sandwich Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Yogurt Fluff Milk
Corn Dog/Veggie	SAME	Nuggets/Potato/Roll	SAME	Pizza/Salad
15	16	17	18	19
Sausage & Cheese Biscuit Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Donut Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk	Graduation
Cheeseburger Lettuce, Tomato and Pickle French Fries Fresh Fruit and Vegetable Bar Cookie Milk	Stuffed Crust Pizza Corn Pasta Salad Fresh Fruit and Vegetable Bar Milk	Chicken Nuggets Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Sack Lunches CornDog Fruit and Vegetable Cookie Milk and Juice LAST DAY OF SCHOOL	
SAME	SAME	SAME	SAME	

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.