



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School Breakfast and Lunch Menu November 2022



Alternate Cereal, Oatmeal & Yogurt Bar available for

Breakfast Daily

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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.		
31	1	2	3	4
Sausage, Egg & Cheese Muffin Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Breaded Chicken Sandwich Potato Wedges Pork n Beans Fresh Fruit and Vegetable Bar Cookie Milk	Chicken Fajitas Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken and Waffles Fruit Cup Syrup Fresh Fruit and Vegetable Bar Milk	Build Your Own Salad Bar Shredded Cheese Boiled Eggs Garlic Bread Oreo Pudding Milk
Corn Dog / Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza /Veggie
7	8	9	10	11
Bacon and Egg Biscuit Fruit Juice, Milk	French Toast Stick Fruit Juice, Milk	Donut Fruit Juice, Milk	Breakfast Burrito Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Chili Dog Shredded Cheese Corn Chips Fresh Fruit and Vegetable Bar Cookie Milk	Soft Beef Taco Refried Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Chicken Tenders Mashed Potatoes & Gravy Galzed Carrots Hot Roll Fresh Fruit and Vegetable Bar Milk	Vegetable Beef Soup Cheese Stick Crackers Fresh Fruit and Vegetable Bar Cinnamon Roll Milk	California Chicken Flatbread Melt Strawberry Spinach Salad Fresh Fruit and Vegetable Bar SideKick Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
14	15	16	17	18
Chicken Biscuit Fruit Juice, Milk	Waffles Fruit Juice, Milk	Donut Fruit Juice, Milk	Breakfast Nachos Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Cheeseburger Lettuce, Tomato and Pickle French Fries Fresh Fruit and Vegetable Bar Milk	Burrito w/ Cheese Sauce Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Thanksgiving Dinner 	Toasted Cheese Sandwich Tomato Soup Goldfish Crackers Fresh Fruit and Vegetable Bar Milk	Stuffed Crust Pizza Cesar Salad Breadsticks Fresh Fruit and Vegetable Bar Milk
SAME	SAME	SAME	SAME	SAME
21	22	23	24	25

*****THANKSGIVING BREAK November 21st - November 25th*****

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.