

## SALLISAW PUBLIC SCHOOLS

## Sallisaw Middle School

Breakfast and Lunch Menu October 2022



3 Sausage Biscuit Fruit Juice, Milk  Grilled Chicken Sub Sandwich  Tater Tots Pork n Beans Fresh Fruit and Vegetable Bar Cookie Milk  Corn Dog / Veggie  10 Chicken Biscuit Fruit Juice, Milk  BBQ Sandwich  Corn Chips Potato Salad Fresh Fruit and Vegetable Bar Cookie Milk  Corn Dog/Veggie	A Pancake on a Stick Fruit Juice, Milk  Cheesy Chicken Nachos  Spanish Rice Salsa Fresh Fruit and Vegetable Bar Milk  SAME  11  Waffles Fruit Juice, Milk  Indian Taco Pinto Beans Salsa and Chips Fresh Fruit and Vegetable Bar	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.  5 Long John Fruit Juice, Milk  Sallisbury Steak  Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk  Chicken Nuggets/Veggie  12 Smoothie and Toast Fruit Juice, Milk  Chicken Nuggets  Chicken Nuggets  Mashed Potatoes & Gravy Black Eyed Peas	6 Breakfast Boat Fruit Juice, Milk  Macaroni and Cheese  Sausage Roll Steamed Carrots Fresh Fruit and Vegetable Bar Biscuit Milk SAME  13  PROFESSIONAL DAY	7  Tologram  Tol
Sausage Biscuit Fruit Juice, Milk  Grilled Chicken Sub Sandwich  Tater Tots Pork n Beans Fresh Fruit and Vegetable Bar Cookie Milk  Corn Dog / Veggie  10  Chicken Biscuit Fruit Juice, Milk  BBQ Sandwich  Corn Chips Potato Salad Fresh Fruit and Vegetable Bar Cookie Milk	Pancake on a Stick Fruit Juice, Milk  Cheesy Chicken Nachos  Spanish Rice Salsa Fresh Fruit and Vegetable Bar Milk  SAME 11 Waffles Fruit Juice, Milk  Indian Taco  Pinto Beans Salsa and Chips	to announce that Breakfast and Lunch will be served FREE to Liberty, Eastside and Sallisaw Middle School for the 2022-2023 school year.  5 Long John Fruit Juice, Milk  Salisbury Steak  Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk  Chicken Nuggets/Veggie  12 Smoothie and Toast Fruit Juice, Milk  Chicken Nuggets  Mashed Potatoes & Gravy	Breakfast Boat Fruit Juice, Milk  Macaroni and Cheese Sausage Roll Steamed Carrots Fresh Fruit and Vegetable Bar Biscuit Milk SAME	No School
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Sandwich  Tater Tots Pork n Beans Fresh Fruit and Vegetable Bar Cookie Milk Corn Dog / Veggie  10 Chicken Biscuit Fruit Juice, Milk  BBQ Sandwich  Corn Chips Potato Salad Fresh Fruit and Vegetable Bar Cookie Milk	Spanish Rice Salsa Fresh Fruit and Vegetable Bar Milk  SAME  11  Waffles Fruit Juice, Milk  Indian Taco  Pinto Beans Salsa and Chips	Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 12 Smoothie and Toast Fruit Juice, Milk Chicken Nuggets Mashed Potatoes & Gravy	Sausage Roll Steamed Carrots Fresh Fruit and Vegetable Bar Biscuit Milk SAME	School 14
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Juice, Milk  BBQ Sandwich  Corn Chips Potato Salad Fresh Fruit and Vegetable Bar Cookie Milk	Juice, Milk  Indian Taco  Pinto Beans  Salsa and Chips	Juice, Milk  Chicken Nuggets  Mashed Potatoes & Gravy	No.	Brech Show
BBQ Sandwich  Corn Chips Potato Salad  Fresh Fruit and Vegetable Bar Cookie Milk	Indian Taco  Pinto Beans  Salsa and Chips	Chicken Nuggets  Mashed Potatoes & Gravy	No	Breck School
Potato Salad Fresh Fruit and Vegetable Bar Cookie Milk	Salsa and Chips	· · · · · · · · · · · · · · · · · · ·	NO	School
Potato Salad Fresh Fruit and Vegetable Bar Cookie Milk	Salsa and Chips	· · · · · · · · · · · · · · · · · · ·		School
Fresh Fruit and Vegetable Bar Cookie Milk	•	Bluck Lyeu reus		2023
Cookie Milk		Hot Roll	2000	
Milk	Milk		C. (2)	<b>V</b>
	MIIK	Fresh Fruit and Vegetable Bar Milk		
00111 0097 109910	SAME	Chicken Nuggets/Veggie		
17	18	19	20	21
·	French Toast Stick	Donut	Omelet and Toast	Biscuits and Gravy
	Fruit	Fruit	Fruit	Fruit
The	Juice, Milk	Juice, Milk	A. Juice, Milk	Juice, Milk
Break	Chicken and Cheese Quesadilla	Popcorn Chicken	Asian Chicken Bar	Pizza Dip
STATE OF THE	Spanish Rice	Mashed Potatoes and Gravy	General Tso, Teriyaki or Sweet n Sour	Cesar Salad
School	Salsa and Chips	Sweet Corn	Steamed Rice	Breadsticks
	Fresh Fruit and Vegetable Bar	Hot Roll	Roasted Veggies	Fresh Fruit and Vegetable Bar
<b>V</b>	Milk	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Milk
		Milk	Fortune Cookie and Milk	
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
24	25	26	27	28
Sausage Biscuit	Pancake	Muffins and Yogurt	Breakfast Burrito	Biscuits and Gravy
Fruit	Fruit	Fruit	Fruit	Fruit
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
Toasted Cheese Sandwich	Tachos	Chicken Parmesan	Spaghetti and Meat Sauce	PBJ Sandwich
Tomato Soup	Refried Beans	Roasted Potatoes	Sweet Peas	Cheese Stick
Goldfish Crackers	Salsa and Chips	Green Beans	Garlic Bread	Baked Cheetos
Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Sliced Bread and Butter	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar
Cookie	Milk	Fresh Fruit and Vegetable Bar	Milk	Red Jello
Milk		Milk		Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
		****** RED RIBBON WEEK ******		
		t to Change According to Produc		

This institution is an equal opportunity provider.