

SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School

Breakfast and Lunch Menu October 2023



Alternate Cereal, Oatmeal & Yogurt Bar $\mbox{ available for }$

| ## MEMBERSON THARSON PREDAY THARSON | Alternate Cereal, Oatmeal & Yogurt Bar available for Breakfast and Lunch Served with variety milk choice Breakfast Daily | | | | |
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| to consolice that Breakfast and Luchr will be served RRE the Liberty, Eastside and Sallison Middle School for the 2023-2024 school year. 2 3 4 5 5 6 5 6 5 6 5 6 5 6 5 6 5 6 6 7 6 7 6 | | | WEDNESDAY | THURSDAY | FRIDAY |
| Luch will be served FREE to Liberty, Eartisted and Sollison Middle School for the 2023-2024 school year. Clickion Biscuit Fruit Franch Toest Stricks Foundation of Sollison Street Stricks Fruit Juse, Milk Juse, Milk Juse, Milk Juse, Milk Juse, Milk Juse, Milk Fruit Fruit Fruit Milk Milk Milk Milk Fresh Fruit and Vegetable Bar Maple of Despora Chicken Bare Sollison Fresh Fruit and Vegetable Bar Maple of Despora Chicken Bare Sollison Milk Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fruit and Vegetable Bar Fresh Fruit and Veget | • | • | Sallisaw Public Schools is proud | | |
| Liberty, Eartiside and Sallisuw Middles School for the 2023- 2024 school year. 2 3 4 5 5 6 Chicken Biscott Fruit Fruit Juice, Milk Matterial of Server Search Se | | | to announce that Breakfast and | 6 | |
| Middle School for the 2023- 2024 school year. 2 | | _ | Lunch will be served FREE to | | T \sim |
| Middle School for the 2023- 2024 school year. A | | and the state of t | Liberty, Eastside and Sallisaw | 1 | |
| Trush Fruit of Vegetable Bar Milk Com Day Vegeta Since Allis Fruit Fruit Trush Fruit Trush Com Day Vegeta Since Allis Fruit Trush Fruit Trush Fruit Trush Fruit Trush Fruit Trush Fruit Trush Asian Chicken Bar Mached Prototes & Group Fresh Fruit and Vegetable Bar Apple Crisp Milk Fresh Fruit and Vegetable Bar Milk Com Day Vegeta Some Seas Meshed Antotes & Group Milk Fruit Trush Juce, Milk Juce, Milk Juce, Milk Fruit Trush Juce, Milk Fruit Trush Juce, Milk Fruit Trush Juce, Milk Meshed Antotes & Group Milk Meshed Antotes & Group Milk Com Day Vegetable Bar Fruit Trush Juce, Milk Juce, Milk Meshed Cheese Fruit Trush Juce, Milk Juce, Milk Anton Meshed Cheese Fruit Trush Fruit Juce, Milk Juce, Milk Anton Mached Cheese Fruit Trush Fruit Trush Juce, Milk Anton Mached Cheese Milk Anton Mached Cheese Anton Mached Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fruit Trush Juce, Milk Juce, Milk Anton Mached Cheese Fruit Fruit Trush Fruit Trush Juce, Milk Anton Mached Cheese Fruit Fruit Trush Fruit Trush Juce, Milk Anton Mached Cheese Fruit Fruit Trush Fruit Trush Juce, Milk Anton Mached Cheese Solate Fruit Fruit Trush Fruit Trush Juce, Milk Cheeseburger Fruit Fruit Gake Fruit Fruit Trush Juce, Milk Anton Anton Anton Fruit Trush Juce, Milk Anton Anton Anton Anton Fruit Trush Fruit | The same of the sa | | | | |
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| Chicken Biscuit Fruit Juce, Milk StrabberySpinch Solid Fresh Fruit and Vegetable Bor Apple Crisp Milk Fresh Fruit and Vegetable Bor Apple Crisp Milk Corn Doy / Vegge SAME Chicken Mappets/Vegge Fruit Juce, Milk Juce, Milk Fresh Fruit and Vegetable Bor Milk Malk Malk Malk Malk Malk | | | | | |
| Chicken Biscuit Fruit Juce, Milk California Chicken Flattbread Strewberry Spinch Sold Fresh Fruit and Vegetable Bor Apple Crisp Milk Corn Dog / Vegge SAME Corn Dog / Veg | 2 | 3 | 4 | 5 | 6 |
| Fruit Juice, Milk Galifornia Chicken Flatbread Shredded Cheese Milk Garm Dog / Veggie Fresh Fruit and Vegetable Bor Fruit Juice, Milk Make Make Dout Becon, Egg & Cheese Biscult Fruit Fruit Juice, Milk Machad Potatos & Grovy Fruit Juice, Milk Juice, Milk Juice, Milk Juice, Milk Machad Potatos & Grovy Fruit Juice, Milk Juice, Milk Juice, Milk Juice, Milk And Poporn Chicken Mashed Potatos & Grovy Fruit Truit Juice, Milk Corn Dog / Veggie Fresh Fruit and Vegetable Bor Milk Corn Dog / Veggie SAME Chicken Napperts/ Veggie Fresh Fruit and Vegetable Bor Milk Corn Dog / Veggie Fresh Fruit and Vegetable Bor Fresh Fruit and Vegetable Bor Milk Corn Dog / Veggie Fresh Fruit and Vegetable Bor Fresh Fruit and Ve | Chicken Biscuit | French Toast Sticks | Powdered Donuts | Breakfast Pizza | Biscuits and Gravy |
| Juice, Milk California Chicken Flatbread Strawberry Spirach Solad Straw Rice Mulk Corn Doy Veggie Straw Stra | i | | | | · |
| California Chicken Flatbread Shredded Cheese Florib and Vegetable Bar Apple Crisp Milk Corn Dog / Veggie 9 10 11 18 2 13 Bacen, Egg & Cheese Biscuit Fruit Fruit Juice, Milk Corn Dog / Veggie Fresh Fruit and Vegetable Bar Apple Cheese Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Apple Crisp Milk Corn Dog / Veggie 9 10 11 18 2 13 Bacen, Egg & Cheese Biscuit Fruit Juice, Milk Juice, Milk Meatball Sub Shredded Cheese Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fruit Juice, Milk Macarerla Tso, Sweet n Sour, Turryok Brown Rice Roarted Vegetable Bar Fresh Fruit and Vegetable Bar Milk Milk Malk Malk Denut Fruit Juice, Milk Juice, Milk Juice, Milk Juice, Milk Corn Dog / Veggie Presh Fruit and Vegetable Bar Fruit Fruit Juice, Milk Macarerla Bace Fresh Fruit and Vegetable Bar Fruit and Vegetable Bar Shedded Cheese Fresh Fruit and Vegetable Bar Shedded Cheese Fresh Fruit and Vegetable Bar Milk Corn Dog/Veggie SAME Fresh Fruit and Vegetable Bar Milk Corn Dog/Veggie SAME Fresh Fruit and Vegetable Bar Milk Corn Dog/Veggie SAME Chicken Naggets/Veggie SAME Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Corn Dog/Veggie SAME Chicken Naggets/Veggie Za Packee an a Stick Fruit Juice, Milk Print Juice, Milk Juice, Milk Juice, Milk Juice, Milk National Potato bey Fresh Fruit and Vegetable Bar Gerile Toest Fruit Grila Fresh Fruit and Vegetable Bar Gerile Toest Fruit Fruit Juice, Milk National Potato bey Fresh Fruit and Vegetable Bar Milk National Potato bey Fresh Fruit and Vegetable Bar Milk National Potat | | | | | |
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| Fresh Fruit and Vegetable Bar Apple Crisp | Flatbread | | | | |
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| Milk National Chocolate Cupcake Day | | _ | Chocolate Cupcake and Milk | | |
| Corn Dog/Veggie SAME Chicken Nuggets/Veggie 23 24 25 26 27 Pancake on a Stick Long John Fruit Fruit Juice, Milk Juice, Milk Juice, Milk Juice, Milk Crispito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk SAME Chicken Nuggets/Veggie SAME Chicken Nuggets/Veggie SAME Seed Sandwich Toasted Cheese Sandwich Tomato Soup Goldfish Crackers Garlic Toast Fresh Fruit and Vegetable Bar Milk National Potato Day Pizza/Veggie | - | | · · | | |
| Pancake on a Stick Fruit Fruit Fruit Fruit Fruit Fruit Juice, Milk Crispito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME Chicken Nuggets/Veggie Biscuits and Gravy Fruit Fresh Fruit Fresh Graic Biscuits and Gravy Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fruit Fresh Graic Garlic Toast Fresh Fruit and Vegetable Bar Milk Red Jello and Milk National Potato Day | Corn Dog/Veggie | SAME | | | |
| Fruit Juice, Milk Crispito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar | 23 | 24 | 25 | 26 | 27 |
| Fruit Juice, Milk Crispito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar | | Pancake on a Stick | Long John | Breakfast Burrito | Biscuits and Gravy |
| Crispito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar | | Fruit | - | Fruit | Fruit |
| Crispito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar | | Juice, Milk | Juice, Milk | Juice, Milk | Juice, Milk |
| Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar | | Crispito w/ Cheese | | Toasted Cheese | ······ |
| Chips and Salsa Chips and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk National Potato Day SAME Chicken Nuggets/Veggie SAME Pizza/Veggie | Falle | • | Chicken Parmesan | | Baked Potato Bar |
| Chips and Salsa Fresh Fruit and Vegetable Bar Milk Milk National Potato Day SAME Chicken Nuggets/Veggie SAME Pizza/Veggie | Bree | Refried Beans | Mashed Potatoes | Tomato Soup | Pulled Pork or Chili |
| Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Fresh Fruit and Vegetable Bar Milk Red Jello and Milk National Potato Day SAME Chicken Nuggets/Veggie SAME Pizza/Veggie | | Chips and Salsa | | Goldfish Crackers | |
| Milk Fresh Fruit and Vegetable Bar Milk Red Jello and Milk National Potato Day SAME Chicken Nuggets/Veggie SAME Pizza/Veggie | Scho B | · · | | Fresh Fruit and Vegetable Bar | |
| Milk National Potato Day SAME Chicken Nuggets/Veggie SAME Pizza/Veggie | Thoo! | = | | _ | - |
| SAME Chicken Nuggets/Veggie SAME Pizza/Veggie | | | | | |
| | | SAME | | SAME | |
| | | | | *** | |

Menu Subject to Change According to Product Availability
This institution is an equal opportunity provider.