



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School Breakfast and Lunch Menu October 2022



Alternate Cereal, Oatmeal & Yogurt Bar available for
Breakfast Daily

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>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.</p>		
3	4	5	6	7
Sausage Biscuit Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Long John Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	
Grilled Chicken Sub Sandwich Tater Tots Pork n Beans Fresh Fruit and Vegetable Bar Cookie Milk	Cheesy Chicken Nachos Spanish Rice Salsa Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk	Macaroni and Cheese Sausage Roll Steamed Carrots Fresh Fruit and Vegetable Bar Biscuit Milk	
Corn Dog / Veggie	SAME	Chicken Nuggets/Veggie	SAME	
10	11	12	13	14
Chicken Biscuit Fruit Juice, Milk	Waffles Fruit Juice, Milk	Smoothie and Toast Fruit Juice, Milk	PROFESSIONAL DAY	
BBQ Sandwich Corn Chips Potato Salad Fresh Fruit and Vegetable Bar Cookie Milk	Indian Taco Pinto Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Chicken Nuggets Mashed Potatoes & Gravy Black Eyed Peas Hot Roll Fresh Fruit and Vegetable Bar Milk		
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie		
17	18	19	20	21
	French Toast Stick Fruit Juice, Milk	Donut Fruit Juice, Milk	Omelet and Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Chicken and Cheese Quesadilla Spanish Rice Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Popcorn Chicken Mashed Potatoes and Gravy Sweet Corn Hot Roll Fresh Fruit and Vegetable Bar Milk	 Asian Chicken Bar General Tso, Teriyaki or Sweet n Sour Steamed Rice Roasted Veggies Fresh Fruit and Vegetable Bar Fortune Cookie and Milk	Pizza Dip Cesar Salad Breadsticks Fresh Fruit and Vegetable Bar Milk
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
24	25	26	27	28
Sausage Biscuit Fruit Juice, Milk	Pancake Fruit Juice, Milk	Muffins and Yogurt Fruit Juice, Milk	Breakfast Burrito Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Toasted Cheese Sandwich Tomato Soup Goldfish Crackers Fresh Fruit and Vegetable Bar Cookie Milk	Tachos Refried Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Chicken Parmesan Roasted Potatoes Green Beans Sliced Bread and Butter Fresh Fruit and Vegetable Bar Milk	Spaghetti and Meat Sauce Sweet Peas Garlic Bread Fresh Fruit and Vegetable Bar Milk	PBJ Sandwich Cheese Stick Baked Cheetos Fresh Fruit and Vegetable Bar Red Jello Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie

***** **RED RIBBON WEEK** *****

*** Menu Subject to Change According to Product Availability***

This institution is an equal opportunity provider.