



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School Breakfast and Lunch Menu September 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>		
5	6	7	8	9
NO SCHOOL	Pancake on a Stick Fruit Juice, Milk	Donut Fruit Juice, Milk	Breakfast Burrito Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	SMS Special Chicken, Rice & Cheese Sauce Refried Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Chicken Tenders Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Frito Chili Pie Shredded Cheese Corn on the Cob Fresh Fruit and Vegetable Bar Apples & Caramel Dip Milk	Sub Sandwich Broccoli & Carrots w/ Ranch Potato Chips Fresh Fruit and Vegetable Bar Ice Cream Sandwich Milk
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
12	13	14	15	16
Sausage Biscuit Fruit Juice, Milk	Waffles Fruit Juice, Milk	Cowboy Bread Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk	PROFESSIONAL DAY
Cheeseburger French Fries Pork n Beans Fresh Fruit and Vegetable Bar Cookie Milk	Chicken Taco Spanish Rice Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Hamburger Steak Mashed Potatoes & Gravy Steamed Broccoli Hot Roll Fresh Fruit and Vegetable Bar Milk	Pizza Cesar Salad Fresh Fruit and Vegetable Bar Blueberry Crisp Milk	
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	
19	20	21	22	23
Sausage & Egg Biscuit Fruit Juice, Milk	Pancakes Fruit Juice, Milk	GoodyBun Fruit Juice, Milk	Scrambled Eggs, Sausage and Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Mr. Ribb Sandwich Baked Beans Coleslaw Fresh Fruit and Vegetable Bar Cookie Milk	Burrito w/Cheese Sauce Refried Beans 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	Teriyaki Chicken Rice Bowl Roasted Veggies Fresh Fruit and Vegetable Bar Fortune Cookie Milk	California Chicken Flatbread Melt Broccoli Salad Fresh Fruit and Vegetable Bar SideKick Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
26	27	28	29	30
Sausage Biscuit Fruit Juice, Milk	French Toast Stick Fruit Juice, Milk	Long John Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Chili Dog Shredded Cheese Onion Rings Fresh Fruit and Vegetable Bar Cookie Milk	Crunchy Beef Taco Spanish Rice Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Baked Italian Chicken Breast Mashed Potatoes and Gravy Glazed Carrots Hot Roll Fresh Fruit and Vegetable Bar Milk	Fish Sticks Pinto Beans Coleslaw Hushpuppies Fresh Fruit and Vegetable Bar Milk	Baked Potato Bar Pulled Pork or Chili "Fixins" Garlic Toast Fresh Fruit and Vegetable Bar Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.