



SALLISAW PUBLIC SCHOOLS

Sallisaw Middle School Breakfast and Lunch Menu January 2025



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, Sallisaw Middle School and Sallisaw High School students for the 2024-2025 school year.		
6	7	8	9	10
Cheese Omelet and Toast Fruit Juice, Milk	Pancakes Fruit Juice, Milk	Donut Fruit Juice, Milk	Breakfast Nachos Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
BBQ Chicken Sandwich French Fries Fresh Fruit and Vegetable Bar Chocolate Chip Cookie Milk	Soft Taco Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Roasted Chicken Mashed Potatoes & Gravy Sweet Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Egg Roll Lo Mein Noodles Steamed Veggies Fresh Fruit and Vegetable Bar Fortune Cookie Milk	Frito Chili Pie Corn Fresh Fruit and Vegetable Bar Jello Milk
CornDog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
13	14	15	16	17
Sausage Biscuit Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Potato Soup Crackers Breadstick Fresh Fruit and Vegetable Bar Ranger Cookie Milk	Beef n Cheese Nachos Black Beans Salsa Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes & Gravy Green Beans WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Sweet n Sour Chicken "Ramen" Noodles Roasted Veggies Fresh Fruit and Vegetable Bar Milk	Fish Sticks "Fried" Potatoes Pinto Beans Fresh Fruit and Vegetable Bar Pudding Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
20	21	22	23	24
Martin Luther King Jr Day	Waffles Fruit Juice, Milk	Donut Holes Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	SMS Special Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken Tenders Mashed Potatoes & Gravy Carrots WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken Enchilada Soup Corn Chips Shredded Cheese Fresh Fruit and Vegetable Bar Milk	Sub Sandwich Lettuce, Tomato and Pickles Potato Chips Fresh Fruit and Vegetable Bar Brownie Milk
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
27	28	29	30	31
Cinnamon Toast and Yogurt Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Long John Fruit Juice, Milk	Breakfast Burrito Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Cheeseburger Lettuce, Tomato and Pickles Tator Tots Fresh Fruit and Vegetable Bar Cocoa Crinkle Cookie Milk	Taco Fries Cheese Sauce Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Popcorn Chicken Mashed Potatoes & Gravy Sweet Corn WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Macaroni and Cheese Lil Smokies Green Beans WG Biscuit Fresh Fruit and Vegetable Bar Milk	BBQ Sandwich Baked Beans Potato Salad Fresh Fruit and Vegetable Bar SideKick 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.