



SCHOOL MENUS

Sept. 6 – 10

	BELFONTE	BRUSHY	CENTRAL	GANS	GORE		MULDROW			
					ELEMENTARY	JR. & SR. HIGH	ELEMENTARY	MIDDLE	SR. HIGH	
MONDAY	NO SCHOOL	NO SCHOOL	NO SCHOOL	N O T A V A I L A B L E	NO SCHOOL	NO SCHOOL Fresh fruit served daily	NO SCHOOL	NO SCHOOL	NO SCHOOL	
TUESDAY	BREAKFAST- Malt-o-meal, toast, milk and juice LUNCH- Spaghetti, green beans, garlic bread, milk and salad bar	BREAKFAST- Breakfast pizza & cereal, milk and juice LUNCH- Cheese-burger, French fries, pork & beans milk and salad bar	BREAKFAST- Pop tarts, fruit, milk, juice LUNCH- Chicken fajitas, vegetable stir fry, brown rice, milk, salad bar, fruit		BREAKFAST- Scrambled eggs, ham, toast, juice, milk LUNCH- Hot dogs, tator tots, pork & beans, grapes, milk	BREAKFAST- Scrambled eggs, sliced ham, toast, juice, milk LUNCH- Hot dogs, tator tots, pork & beans, salad bar, milk	BREAKFAST- Cereal or oatmeal, cinnamon toast LUNCH- Chicken fried steak fingers, whipped potatoes, gravy, biscuits, fruit	BREAKFAST- Cereal or superbun, applesauce LUNCH- Corn dogs, blackeyed peas, tri-tator, watermelon wedge	BREAKFAST- Cereal or bacon, scrambled eggs, biscuits LUNCH- Philly steak & cheese sub, coleslaw, pickle spear, baked chips, fruit	BREAKFAST- Cereal or sausage biscuit LUNCH- Beef & cheese nachos, Spanish rice, strawberries & bananas, fruit
WEDNESDAY	BREAKFAST- Chocolate gravy, biscuits, milk and juice LUNCH- Ham, mashed potatoes, gravy, white bread, milk, salad bar	BREAKFAST- French toast, sausage, cereal & toast, milk and juice LUNCH- Burritos, corn, Spanish rice milk, salad bar	BREAKFAST- French toast, bacon, fruit, milk, juice LUNCH- Stromboli, fresh vegetable, milk, salad bar, fruit		BREAKFAST- Biscuits, sausage, gravy, juice and milk LUNCH- Stuffed crust pizza, salad, pudding in a cloud, milk	BREAKFAST- Biscuits, sausage, gravy juice and milk LUNCH- Stuffed crust pizza, pudding in a cloud, salad bar, milk	BREAKFAST- Cereal or bacon, scrambled eggs, biscuits LUNCH- Philly steak & cheese sub, coleslaw, pickle spear, baked chips, fruit	BREAKFAST- Cereal or sweet rice, toast LUNCH- Chicken tenders, whipped potatoes, gravy, gr beans, biscuits	BREAKFAST- Cereal or chocolate gravy, biscuit LUNCH- BBQ sand, coleslaw, pickle spear, mango sherbet	BREAKFAST- Cereal or sausage biscuit LUNCH- Beef & cheese nachos, Spanish rice, strawberries & bananas, fruit
THURSDAY	BREAKFAST- Ham, gravy, biscuits, milk, juice LUNCH- Sloppy joe, fries, milk and salad bar	BREAKFAST- Biscuits, choc. gravy, cereal, milk, juice LUNCH- Mac & cheese, little smokies, black-eyed peas, bread, milk and salad bar	BREAKFAST- Ham, egg & cheese croissant, milk, juice LUNCH- Vegetable beef stew, grilled cheese, peanut butter brownies, fruit, milk, salad bar		BREAKFAST- Cereal, donuts, juice and milk LUNCH- Soft tacos, lettuce, cheese, refried beans, picante sauce, pineapple, milk	BREAKFAST- Cereal, honey buns juice and milk LUNCH- Soft taco, refried beans, cheese, pineapple salad bar, milk	BREAKFAST- Cereal or French toast sticks, syrup LUNCH- Sliced turkey, whipped potatoes, gravy, hot rolls, fruit	BREAKFAST- Cereal or scrambled eggs, biscuit LUNCH- Burrito, salsa, steamed broccol w/cheese, pudding in cloud	BREAKFAST- Cereal or funnel cake LUNCH- Chicken parmesan, gr beans, toast, fruit	BREAKFAST- Cereal or gravy choice, biscuits LUNCH- Burrito, cheese, steamed broccoli, apples & caramel
FRIDAY	BREAKFAST- Cinnamon toast, cheese toast, milk and juice LUNCH- Corn dogs, baked beans, dessert, salad bar, milk	BREAKFAST- Oats, cereal, toast, milk and juice LUNCH- Ham sand, chips, ice cream, salad bar, milk	BREAKFAST- Sausage gravy, biscuit fruit, milk, juice LUNCH- Cheese-burger, baked fries, milk, salad bar		BREAKFAST- Pancakes, sausage, juice and milk LUNCH- Goulash, corn, cornbread, fruit cocktail, milk	BREAKFAST- Pancakes, sausage links, juice and milk LUNCH- Goulash, corn, cornbread, salad bar, milk	BREAKFAST- Cereal or chocolate gravy, biscuits LUNCH- Ham & cheese sub, potato rounds, fruit juice bars,	BREAKFAST- Cereal or chocolate gravy, biscuit LUNCH- BBQ sand, coleslaw, pickle spear, mango sherbet	BREAKFAST- Cereal or rice & cinnamon toast t juice, milk LUNCH- Chicken enchiladas, green beans, pineapple, fruit & salad bar, milk	BREAKFAST- Cereal, French toast, juice, milk LUNCH- Meat & cheese nachos, steamed broccoli, watermelon, fruit & salad bar, milk
	ROLAND		SALLISAW			MARBLE CITY		LIBERTY	VIAN	
	ELEMENTARY	JR. & SR. HIGH	LIBERTY	EASTSIDE	MIDDLE	SR. HIGH				
MONDAY	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	N O T A V A I L A B L E	NO SCHOOL	NO SCHOOL	
TUESDAY	BREAKFAST- Gravy, biscuit, cereal, milk and juice LUNCH- Pizza, corn, apples/dip, salad bar, and milk	BREAKFAST- B-fast bars, toast, cereal, juice and milk LUNCH- Pizza, corn, brownies, fruit, milk and salad bar	BREAKFAST- Yogurt and toast, fruit, juice and milk LUNCH- Corn dog, ff, pickle, fruit crisp, milk or sack lunch	BREAKFAST- Toast and yogurt, juice and milk LUNCH- Chicken and noodles, gr beans, corn bread, salad & fruit bar and milk	BREAKFAST- Sausage, egg & cheese, biscuit, fruit, juice, milk LUNCH- Open faced sand., mashed potatoes, pudding, salad & fruit bar, milk; same	BREAKFAST- Sausage biscuit, fruit milk, juice LUNCH- Macaroni & cheese, little smokies, gr beans, biscuit, salad & fruit bar, milk; Crispito, veg		BREAKFAST- Pancake on a stick, yogurt, cereal, juice, milk LUNCH- Steak fingers, whipped potatoes, gr beans, peaches, wheat rolls, fruit & salad bar, milk	BREAKFAST- Cereal, French toast, juice, milk LUNCH- Meat & cheese nachos, steamed broccoli, watermelon, fruit & salad bar, milk	
WEDNESDAY	BREAKFAST- Eggs, toast, potatoes, cereal, juice and milk LUNCH- Corn dogs, baked beans, Jello, salad bar, milk	BREAKFAST- Biscuits, gravy, cereal, juice and milk LUNCH- Burgers, chips, pudding, fruit, salad bar, milk	BREAKFAST- Pancake on a stick, syrup, juice and milk LUNCH- Chicken O's, mashed potatoes, roll, fruit, milk or sack lunch	BREAKFAST- Waffle sticks, fruit, juice and milk LUNCH- Hamburger steak, grilled onions, gravy, mashed potatoes, hot roll, salad & fruit bar, and milk	BREAKFAST- Blueberry muffins, fruit, juice, milk LUNCH- Frito chili pie, corn, brownie, salad & fruit bar, milk; Chili dog/tots	BREAKFAST- Scrambled eggs, sausage, toast, fruit, juice, milk LUNCH- Chicken fried steak, mashed potatoes, hot roll, salad & fruit bar, milk; Chicken nuggets, potatoes		BREAKFAST- Wheat biscuit w/ sausage & cheese, hashbrown, cereal, juice, milk LUNCH- Burrito w/ chili, corn, refried beans, applesauce w/cheese, fruit & salad bar, milk	BREAKFAST- Cereal or rice & cinnamon toast t juice, milk LUNCH- Chicken enchiladas, green beans, pineapple, fruit & salad bar, milk	
THURSDAY	BREAKFAST- Oatmeal, toast, sausage, cereal, juice and milk LUNCH- Chicken strips, potatoes, biscuits, fruit, milk and salad bar	BREAKFAST- scr. eggs, links, toast, cereal, juice and milk LUNCH- Chicken, potatoes, gravy, gr beans, rolls, fruit, milk and salad bar	BREAKFAST- Honey bun, fruit, juice and milk LUNCH- Crispito, cheese sauce, corn, brownie, milk	BREAKFAST- Honey bun, fruit, juice and milk LUNCH- Burrito, salsa & chips, Jello, salad & fruit bar, milk	BREAKFAST- Pancakes, syrup, fruit, juice, milk LUNCH- Chicken Dorito casserole, buttered gr beans, cake, salad & fruit bar, milk; hamburger/ff	BREAKFAST- Breakfast pizza, fruit, juice, milk LUNCH- Toasted cheese sand., tator tots, strawberries & cake, salad & fruit bar, milk; hamburger/ff		BREAKFAST- Eggs w/ham & cheese, wheat toast, cereal, juice, milk LUNCH- Spaghetti w/meat sauce, broccoli w/cheese, blackeyed peas, Jello w/fruit, fruit & salad bar, milk	BREAKFAST- Cereal, sausage, toast, juice, milk LUNCH- Frito chili pie, French fries, diced pears, fruit & salad bar, milk	
FRIDAY	BREAKFAST- Cinnamon rolls, yogurt, cereal, juice and milk LUNCH- Hot dogs, fries, cookies, fruit, milk and salad bar	BREAKFAST- French toast, cereal, juice and milk LUNCH- Corn dogs, baked beans, cobbler, milk and salad bar	BREAKFAST- Biscuits, gravy, fruit, juice, milk LUNCH- Stuffed crust sausage pizza, veggie sticks and ranch, jello, salad & fruit bar, milk	BREAKFAST- Biscuits and gravy, fruit, juice and milk LUNCH- Corn dog, broccoli & cheese, cookie, salad & fruit bar, milk	BREAKFAST- Biscuits & gravy, fruit, juice, milk LUNCH- Fish sand., coleslaw, fruit crisp, salad & fruit bar, milk; pizza, salad	BREAKFAST- Biscuits and gravy, fruit, juice, milk LUNCH- Chicken pot pie, buttered carrots, banana pudding, salad & fruit bar, milk; pizza		BREAKFAST- Long John, yogurt, juice, milk LUNCH- Bologna & cheese sand., tator tots, baked beans, grapes, fruit & salad bar, milk	BREAKFAST- Biscuits & gravy, fruit juice, cereal, milk LUNCH- Stuffed crust pizza, corn, peanut butter sandwich, mandarin oranges, fruit & salad bar, milk	