



SCHOOL MENUS

August 30 - Sept. 3

	BELFONTE	BRUSHY	CENTRAL	GANS	GORE		MULDROW				
					ELEMENTARY	JR. & SR. HIGH	ELEMENTARY	MIDDLE	SR. HIGH		
MONDAY	BREAKFAST- Sausage, biscuits, and gravy, jelly, milk, juice LUNCH- Smoked sausage, macaroni & cheese, and hot rolls, salad bar and milk	BREAKFAST- Scrambled eggs, sausage, toast, cereal, milk, juice LUNCH- Tacos, Spanish rice and corn, salad bar and milk	N O T A V A I L A B L E	N O T A V A I L A B L E	BREAKFAST- Cereal, Cinnamon toast, fruit, juice and milk LUNCH- Frito chili pie w/cheese, corn, apples, cookies, milk Fresh fruit served daily	REKFAST- Asst. cereal, cinnamon toast, fruit, juice and milk LUNCH- Frito chili pie w/cheese, corn Little Debbie cakes, salad bar, milk Fresh fruit served daily	BREAKFAST- Cereal or scrambled eggs & cheese, biscuit LUNCH- BBurrito w/cheese, pinto beans, applesauce Milk, juice served daily	BREAKFAST- Cereal or breakfast burrito w/salsa LUNCH- Pizza, corn, wacky cake Milk, juice served daily	BREAKFAST- Cereal or Sausage link, french toast w/syrup LUNCH- Crispito w/cheese, refried beans, salad, apples w/ caramel Milk, juice served daily		
TUESDAY	BREAKFAST- Cereal, toast, milk and juice LUNCH- Enchiladas and corn, milk and salad bar	BREAKFAST- Breakfast pizza & cereal, milk and juice LUNCH- BBQ chicken, baked beans, and bread, milk and salad bar					BREAKFAST- Pancake on a stick, butter, juice, milk LUNCH- Turkey & swiss sandwiches, chips, carrot sticks w/ ranch, pear halves, milk	BREAKFAST- Pancake on stix, syrup, juice, milk LUNCH- Turkey & swiss, baked chips, salad bar, milk	BREAKFAST Cereal or honey bun LUNCH- School pizza, corn, tossed salad, fruit	BREAKFAST- Cereal or scrambled eggs, toast LUNCH- Beef & cheese soft taco, refried beans, Spanish rice, cantaloupe	BREAKFAST- Cereal or honey bun LUNCH- Chicken strips, whipped potatoes w/ gravy, green beans, biscuits, fruit
WEDNESDAY	BREAKFAST- Chocolate gravy, biscuits, milk and juice LUNCH- Meatloaf, mashed potatoes & gravy, and white bread, milk, salad bar	BREAKFAST- French toast, sausage, cereal & toast, milk and juice LUNCH- Hot pockets, corn, cookies, milk, salad bar					BREAKFAST- Bacon & egg biscuits, applesauce, juice and milk LUNCH- Salisbury steak, mashed potatoes, brown gravy, mixed veggies, rolls, salad bar, milk	BREAKFAST- Bacon & egg, biscuit, juice and milk LUNCH- Salisbury steak, mashed potatoes, brown gravy, mixed veggies, rolls, salad bar, milk	BREAKFAST- Cereal or biscuit & gravy LUNCH- Chicken enchiladas, steamed corn, chips & salsa, fruit	BREAKFAST- Cereal or blueberry muffins, yogurt LUNCH- Sliced ham, whipped potatoes, gravy, candied yams, green beans, hot rolls	BREAKFAST- Cereal or pancakes LUNCH- Philly beef sub, coleslaw, pickle, baked chips, fruit
THURSDAY	BREAKFAST- Scrambled eggs & toast, milk, juice LUNCH- Pizza, eng peas, milk and salad bar	BREAKFAST- Biscuits, sausage, cereal, milk, juice LUNCH- Lasagna, peas, garlic bread stix, milk and salad bar					BREAKFAST- French toast sticks, bananas, juice and milk LUNCH- Mac & cheese, little smokies, salad, cornbread, Jell-o, milk	BREAKFAST- French toast stix, bananas, juice and milk LUNCH- Mac & cheese, Li smokies, Jello, salad bar, milk	BREAKFAST- Cereal or sausage, egg & cheese tortilla scramble LUNCH- Grilled cheese, mac & tomatoes, pickle spear, fruit	BREAKFAST- Cereal or Sausage, pancakes LUNCH- Simple Simon Pizza, corn, fruit, wacky cake	BREAKFAST- Cereal or ham, egg & cheese bar LUNCH- Chicken pot pie, tossed salad, cheese-cake, fruit
FRIDAY	BREAKFAST- Pancakes, milk and juice LUNCH- Hot dogs, baked beans and desserts, salad bar, milk	BREAKFAST- Oats, cereal, toast, milk and juice LUNCH- Chicken patty sand, ff, ice cream, salad bar, milk					BREAKFAST- Cereal bars, yogurt, sliced peaches, juice and milk LUNCH- Mini corn dogs, tater tots, pineapple pudding, milk	BREAKFAST- Granola bars, yogurt, sliced peaches, juice and milk LUNCH- Mini corn dogs, tator tots, pineapple pudding, salad bar, milk	BREAKFAST- Cereal or funnel cakes LUNCH- Simple Simon's Pizza, tossed salad, fruit, cookies	BREAKFAST- Cereal or gravy, biscuit LUNCH- Cheeseburgers, baked chips, fruit juice bar	BREAKFAST- Cereal or gravy choice, biscuits LUNCH- Beef & cheese crispy taco, refried beans, peaches
ROLAND		SALLISAW		MARBLE CITY		LIBERTY		VIAN			
ELEMENTARY		JR. & SR. HIGH		LIBERTY		EASTSIDE		MIDDLE		SR. HIGH	
MONDAY	N O T A V A I L A B L E	BREAKFAST- Creamed beef on toast, cereal, juice and milk LUNCH- BBQ on bun, baked beans, chips, milk and salad bar	BREAKFAST- Sausage biscuit, fruit, juice and milk LUNCH- Hamburger, tator tots, fruit, cookie, milk or sack lunch	BREAKFAST- Sausage biscuit, fruit, cereal, juice and milk LUNCH- BBQ sand., onion rings, brownie, salad & fruit bar, milk	BREAKFAST- French toast sticks, fruit, juice, milk LUNCH- MrRibb, ff, cookie, salad & fruit bar and milk; Crispito/veg	BREAKFAST- Biscuits & gravy, fruit, juice, milk LUNCH- Frito chili pie, salsa, cookie, fruit & salad bar, milk; Chicken sandwich, ff	BREAKFAST- Breakfast pizza, oatmeal, milk, juice, cereal LUNCH- Popcorn Chicken, Whipped Potatoes, Green Beans, Jello w/ fruit, Wheat roll fruit & salad bar, milk	N O T A V A I L A B L E	BREAKFAST- Cereal, blueberry muffin, applesauce, juice, milk LUNCH- Vegetable beef stew, cheese wedges, cinnamon roll, pineapple rings/cottage, fruit & salad bar, milk		
TUESDAY		BREAKFAST- B-fast pizza cereal, juice and milk LUNCH- Mac & cheese, little smokies, green beans, fruit, milk and salad bar	BREAKFAST- French toast sticks, fruit, juice, milk LUNCH- Frito chili pie, corn, frozen fruit bar fruit, milk or sack lunch	BREAKFAST- Breakfast pizza, fruit, juice and milk LUNCH- Open faced roast beef sand. Gravy, ff, salad & fruit bar and milk	BREAKFAST- Breakfast pizza, fruit, juice, milk LUNCH- Chicken nuggets, mashed potatoes, hot roll salad & fruit bar, milk; same	BREAKFAST- Sausage biscuit, fruit milk, juice LUNCH- Spaghetti, buttered green peas, garlic bread, salad & fruit bar, milk; Crispito, veg	BREAKFAST- Biscuit w/gravy, sausage, cereal, juice, milk LUNCH- Mac & cheese, BBQ smokies, black-eyed peas, spinach, banana pudding, garlic toast, fruit & salad bar, milk		BREAKFAST- Cereal, breakfast bar, toast, juice, milk LUNCH- Hamburger or fish, black-eyed peas, cornbread, watermelon, fruit & salad bar, milk		
WEDNESDAY		BREAKFAST- Biscuits, gravy, cereal, juice and milk LUNCH- Quesadillas, mex. Rice, fruit, salad bar, milk	BREAKFAST- Donut fruit juice and milk LUNCH- Chicken tenders, mashed potatoes, roll, fruit, milk or sack lunch	BREAKFAST- Pancake on a stick, fruit, juice and milk LUNCH- Chicken fried steak, gravy, mashed potatoes, hot roll, salad & fruit bar, and milk	BREAKFAST- Long John, fruit, juice, milk LUNCH- Chili dog, potato salad, chips, salad & fruit bar, milk; hot dog/ tots	BREAKFAST- Long John, fruit, juice, milk LUNCH- Chicken tenders, mashed potatoes, hot roll, salad & fruit bar, milk; Chicken nuggets, potatoes	BREAKFAST- Cinnamon roll, yogurt, cereal, juice, milk LUNCH- Pigs in a blanket, potato salad, baked beans, watermelon fruit & salad bar, milk		BREAKFAST- Cereal, oatmeal, toast, juice, milk LUNCH- Grilled chicken breast sand., curly fries, peaches, fruit & salad bar, milk		
THURSDAY		BREAKFAST- Danishes, yogurt, cereal, juice and milk LUNCH- Sub sandwiches, chips, melons fruit, milk and salad bar	BREAKFAST- Cereal & toast, fruit, juice, milk LUNCH- Chili dog, ff, fruit, goldfish crackers, salad & fruit bar, milk	BREAKFAST- Funnel cake, strawberries & cream, fruit, juice and milk LUNCH- Frito chili wrap, corn on the cob, sherbet cup, salad & fruit bar, milk	BREAKFAST- Bacon, egg, cheese biscuit, fruit, juice, milk LUNCH- Spaghetti, buttered green peas, garlic bread, salad & fruit bar, milk; hamburger/ff	BREAKFAST- Breakfast pizza, fruit, juice, milk LUNCH- Chicken taco, refried beans, cake, salad & fruit bar, milk; hamburger/ff	BREAKFAST- Ham & cheese, hashbrown, cereal, juice, milk LUNCH- Pizza, corn, fruit salad, fruit & salad bar, milk		BREAKFAST- Cereal, waffles, juice, milk LUNCH- Sliced turkey, mashed potatoes & gravy, green beans, hot rolls, diced pears, fruit & salad bar, milk		
FRIDAY		BREAKFAST- Pancakes, fruit, cereal, juice and milk LUNCH- Beans & ham, fried potatoes, cornbread, banana pudding, milk and salad bar	BREAKFAST- Biscuits, gravy, fruit, juice, milk LUNCH- Stuffed crust sausage pizza, salad, fruit, jello, salad & fruit bar, milk	BREAKFAST- Biscuits and gravy, fruit, juice and milk LUNCH- Cheeseburger, potato wedges, jello, salad & fruit bar, milk	BREAKFAST- Biscuits & gravy, fruit, juice, milk LUNCH- Stuffed crust sausage pizza, garden salad, peach cobbler, ice cream, salad & fruit bar, milk	BREAKFAST- Biscuits & gravy, fruit, juice, milk LUNCH- Stuffed crust sausage pizza, garden salad, fruit, ice cream, salad & fruit bar, milk; pizza	BREAKFAST- Biscuit w/egg and cheese, rice, juice, milk LUNCH- Chili dogs, tater tots, sauerkraut, grapes, fruit & salad bar, milk		BREAKFAST- Biscuits & gravy, fruit juice, cereal, milk LUNCH- Chicken quesadilla, Spanish rice, corn, mandarin oranges, fruit & salad bar, milk		