

SALLISAW PUBLIC SCHOOLS

Eastside Elementary School

Breakfast and Lunch Menu February 2023



Alternate Cereal and Grahams Available for Breakfast

Breakfast and Lunch Served with variety milk choice

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MONDAY	TUESDAY	WEDNESDAY Sallisaw Public Schools is	THURSDAY	FRIDAY
		proud to announce that		
		Breakfast and Lunch will be		
		served FREE to Liberty,	Пово	
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	244	Eastside and Sallisaw Middle	I POIT	uai y 🔀
		School for the 2022-2023		U
	V/VA	school year.	2000	
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Sausage Biscuit	French Toast Sticks	Yogurt and Toast	Funnel Cake	Biscuits and Gravy
Fruit	Fruit	Fruit	Strawberries	Fruit
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
	Burrito w/ Cheese			Turkey and Cheese
Cheeseburger	Sauce	Chicken and Waffles	Tator Tot Casserole	Wrap
Baked Beans	Spanish Rice	Strawberries	Buttered Peas	Lettuce, Tomato and Pickle
Fresh Fruit and Vegetable Bar	Chips and Salsa	Syrup Cup	Sliced Bread	Goldfish
-	· ·	, , ,	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar
Cookie	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Milk	Ice Cream
Milk	Milk	Milk		
Hamburgan Maria	CAME	Chialean November (Marris	National Tator Tot Day SAME	Milk PBJ/Cheese Stick/Veggie
Hamburger/Veggie 6	SAME 7	Chicken Nuggets/Veggie 8	9 SAME	10
Ham and Cheese Muffin	/ Waffles	8 Breakfast Boat	Honey Bun	Biscuits and Gravy
Fruit	Fruit	Fruit	Fruit	Fruit
	Juice, Milk	Juice, Milk	Juice, Milk	
Juice, Milk	Juice, Milk		Juice, Milk	Juice, Milk
Corndog	Indian Taco	Baked Potato w/ Pulled	Sloppy Joe	Popcorn Chicken Salac
		Pork 🙃	J. J	· opoor ii oilloiloil oulus
Broccoli and Cheese	Pinto Beans	Shredded Cheese	Onion Rings	Boiled Egg and Cheese
Fresh Fruit and Vegetable Bar	Chips and Salsa	Texas Toast	Pickle Spear	Crackers
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Cookie	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar
Cookie Milk	Fresh Fruit and Vegetable Bar Milk	Fresh Fruit and Vegetable Bar Milk	Fresh Fruit and Vegetable Bar Milk	Fresh Fruit and Vegetable Bar Brownie & Milk
Milk	Milk	Milk National Potato Lovers Day	Milk	Brownie & Milk National Brownie Day
Milk Hamburger/Veggie	Milk SAME	Milk National Potato Lovers Day Chicken Nuggets/Veggie	Milk SAME	Brownie & Milk National Brownie Day Pizza/Salad
Milk Hamburger/Veggie 13	Milk SAME 14	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15	Milk SAME 16	Brownie & Milk National Brownie Day
Milk Hamburger/Veggie	Milk SAME 14 Pancake on a Stick	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast	Milk SAME 16 Long John	Brownie & Milk National Brownie Day Pizza/Salad 17
Milk Hamburger/Veggie 13	Milk SAME 14 Pancake on a Stick Fruit	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit	Milk SAME 16 Long John Fruit	Brownie & Milk National Brownie Day Pizza/Salad
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit	Milk SAME 14 Pancake on a Stick Fruit Juice, Milk	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast	Milk SAME 16 Long John	Brownie & Milk National Brownie Day Pizza/Salad 17
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat	Milk SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit	Milk SAME 16 Long John Fruit	Brownie & Milk National Brownie Day Pizza/Salad 17
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit	Milk SAME 14 Pancake on a Stick Fruit Juice, Milk	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk	Milk SAME 16 Long John Fruit Juice, Milk	Brownie & Milk National Brownie Day Pizza/Salad 17
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat	Milk SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk	Milk SAME 16 Long John Fruit Juice, Milk	Brownie & Milk National Brownie Day Pizza/Salad 17
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread	Milk SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce	Brownie & Milk National Brownie Day Pizza/Salad 17
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar	Milk SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce Fresh Fruit and Vegetable Bar	Brownie & Milk National Brownie Day Pizza/Salad 17
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk	Milk SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll Fresh Fruit and Vegetable Bar	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce	Brownie & Milk National Brownie Day Pizza/Salad 17
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk National Italian Food Day	SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll Fresh Fruit and Vegetable Bar Milk	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce Fresh Fruit and Vegetable Bar Milk	Brownie & Milk National Brownie Day Pizza/Salad 17
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk National Italian Food Day Hamburger/Veggie	Milk SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce Fresh Fruit and Vegetable Bar Milk SAME	Brownie & Milk National Brownie Day Pizza/Salad 17 NO SCHOOL
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk National Italian Food Day	Milk SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 21	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce Fresh Fruit and Vegetable Bar Milk SAME 23	Brownie & Milk National Brownie Day Pizza/Salad 17 NO SCHOOL
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk National Italian Food Day Hamburger/Veggie 20	SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 21 Pancakes	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 22 Breakfast Banana Split	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce Fresh Fruit and Vegetable Bar Milk SAME 23 Donut	Brownie & Milk National Brownie Day Pizza/Salad 17 NO SCHOOL 24 Biscuits and Gravy
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk National Italian Food Day Hamburger/Veggie	SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 21 Pancakes Fruit	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 22 Breakfast Banana Split Fruit	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce Fresh Fruit and Vegetable Bar Milk SAME 23 Donut Fruit	Brownie & Milk National Brownie Day Pizza/Salad 17 NO SCHOOL 24 Biscuits and Gravy Fruit
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk National Italian Food Day Hamburger/Veggie 20	SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 21 Pancakes	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 22 Breakfast Banana Split	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce Fresh Fruit and Vegetable Bar Milk SAME 23 Donut	Brownie & Milk National Brownie Day Pizza/Salad 17 NO SCHOOL 24 Biscuits and Gravy
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Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk National Italian Food Day Hamburger/Veggie 20	SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 21 Pancakes Fruit Juice, Milk Beef Taco Salad	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 22 Breakfast Banana Split Fruit Juice, Milk Salisbury Steak	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce Fresh Fruit and Vegetable Bar Milk SAME 23 Donut Fruit Juice, Milk BBQ Chicken Sandwich	Brownie & Milk National Brownie Day Pizza/Salad 17 NO SCHOOL 24 Biscuits and Gravy Fruit Juice, Milk Sub Sandwich
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk National Italian Food Day Hamburger/Veggie 20	SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 21 Pancakes Fruit Juice, Milk Beef Taco Salad Black Beans	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 22 Breakfast Banana Split Fruit Juice, Milk Salisbury Steak Mashed Potatoes	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce Fresh Fruit and Vegetable Bar Milk SAME 23 Donut Fruit Juice, Milk BBQ Chicken Sandwich Potato Wedges	Brownie & Milk National Brownie Day Pizza/Salad 17 NO SCHOOL 24 Biscuits and Gravy Fruit Juice, Milk Sub Sandwich Lettuce, Tomato and Pickle
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk National Italian Food Day Hamburger/Veggie 20 NO SCHOOL	SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 21 Pancakes Fruit Juice, Milk Beef Taco Salad Black Beans Chips and Salsa	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 22 Breakfast Banana Split Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce Fresh Fruit and Vegetable Bar Milk SAME 23 Donut Fruit Juice, Milk BBQ Chicken Sandwich Potato Wedges Pickle Spear	Brownie & Milk National Brownie Day Pizza/Salad 17 NO SCHOOL 24 Biscuits and Gravy Fruit Juice, Milk Sub Sandwich Lettuce, Tomato and Pickle Sun Chips
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk National Italian Food Day Hamburger/Veggie 20	SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 21 Pancakes Fruit Juice, Milk Beef Taco Salad Black Beans Chips and Salsa Fresh Fruit and Vegetable Bar	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 22 Breakfast Banana Split Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy Hot Roll	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce Fresh Fruit and Vegetable Bar Milk SAME 23 Donut Fruit Juice, Milk BBQ Chicken Sandwich Potato Wedges Pickle Spear Fresh Fruit and Vegetable Bar	Brownie & Milk National Brownie Day Pizza/Salad 17 NO SCHOOL 24 Biscuits and Gravy Fruit Juice, Milk Sub Sandwich Lettuce, Tomato and Pickle Sun Chips Fresh Fruit and Vegetable Bar
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Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk National Italian Food Day Hamburger/Veggie 20 NO SCHOOL	SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 21 Pancakes Fruit Juice, Milk Beef Taco Salad Black Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 22 Breakfast Banana Split Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce Fresh Fruit and Vegetable Bar Milk SAME 23 Donut Fruit Juice, Milk BBQ Chicken Sandwich Potato Wedges Pickle Spear Fresh Fruit and Vegetable Bar Milk	Brownie & Milk National Brownie Day Pizza/Salad 17 NO SCHOOL 24 Biscuits and Gravy Fruit Juice, Milk Sub Sandwich Lettuce, Tomato and Pickle Sun Chips Fresh Fruit and Vegetable Bar Blueberry Crisp Milk
Milk Hamburger/Veggie 13 Sausage, Egg & Cheese Biscuit Spaghetti w/ Meat Sauce Seasoned Green Beans Garlic Bread Fresh Fruit and Vegetable Bar Milk National Italian Food Day Hamburger/Veggie 20 NO SCHOOL	SAME 14 Pancake on a Stick Fruit Juice, Milk Chicken and Cheese Quesadilla Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 21 Pancakes Fruit Juice, Milk Beef Taco Salad Black Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 21 Pancakes Fruit Juice, Milk Beef Taco Salad Black Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME	Milk National Potato Lovers Day Chicken Nuggets/Veggie 15 Oatmeal and Cinnamon Toast Fruit Juice, Milk Oven Roasted Chicken Mashed Potatoes Gravy Hot roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 22 Breakfast Banana Split Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar	Milk SAME 16 Long John Fruit Juice, Milk Meatball Sub Shredded Cheese Marinara Sauce Fresh Fruit and Vegetable Bar Milk SAME 23 Donut Fruit Juice, Milk BBQ Chicken Sandwich Potato Wedges Pickle Spear Fresh Fruit and Vegetable Bar Milk SAME	Brownie & Milk National Brownie Day Pizza/Salad 17 NO SCHOOL 24 Biscuits and Gravy Fruit Juice, Milk Sub Sandwich Lettuce, Tomato and Pickle Sun Chips Fresh Fruit and Vegetable Bar Blueberry Crisp