



SALLISAW PUBLIC SCHOOLS

Eastside Elementary School

Breakfast and Lunch Menu

January 2023



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 and Sallisaw Middle School for the 2022-2023 school year.		
2	3	4	5	6
NO SCHOOL	Waffles Fruit Juice, Milk	Oatmeal and Cinnamon Toast Fruit Juice, Milk	Donut Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Crispito w/ Cheese Sauce Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Meatballs Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Macaroni and Cheese Little Smokies Green Beans Biscuit Fresh Fruit and Vegetable Bar Milk	Pigs in a Blanket Dipping Sauce Pasta Salad Fresh Fruit and Vegetable Bar Peach Crisp Milk
	SAME	Chicken Nuggets/Veggie	SAME	PBJ/Cheese Stick/Veggie
9	10	11	12	13
Sausage and Egg Biscuit Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Pancake Parfait Fruit Juice, Milk	Funnel Cake Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Mr. Ribb Sandwich Baked Beans Pickle Spears Fresh Fruit and Vegetable Bar Cookie Milk	Chicken Enchilada Soup Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Hamburger Steak Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken Pot Pie Galzed Carrots Biscuit Fresh Fruit and Vegetable Bar Milk	Toasted Ham and Cheese Sandwich Potato Wedges Fresh Fruit and Vegetable Bar Jello Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Salad
16	17	18	19	20
	Pancake on a Stick Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Honey Bun Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Eastside Special Chicken, Cheese & Rice Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken and Waffles Syrup Cup Strawberries Fresh Fruit and Vegetable Bar Milk	Vegetable Beef Soup Cheese Stick Crackers or Cornbread Fresh Fruit and Vegetable Bar Cinnamon Roll Milk	Cheesy Breadstick Marinara Sauce Ceasar Salad Fresh Fruit and Vegetable Bar Milk
	SAME	Chicken Nuggets/Veggie	SAME	PBJ/Cheese Stick/Veggie
23	24	25	26	27
Ham, Egg and Cheese Biscuit Fruit Juice, Milk	Pancakes and Sausage Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Long John Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
BBQ Pulled Pork Sandwich Pork n Beans Potato Chips Fresh Fruit and Vegetable Bar Cookie Milk	Chicken and Cheese Nachos Spanish Rice Salsa Fresh Fruit and Vegetable Bar Milk	Popcorn Chicken Mashed Potatoes Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Breakfast for Lunch Scrambled Eggs & Sausage Biscuits and Gravy Fruit Bar Yogurt Fluff Milk and Juice	Sub Sandwich Sun Chips Broccoli and Ranch Dip Fresh Fruit and Vegetable Bar Oreo Pudding Milk
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Salad

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.