	SALLIS	SAW PUBLIC SC	HOOLS	
HELLO WINTER	Eastside Elementary School Breakfast and Lunch Menu January 2024			Menus
Alternate Cereal or Oatmeal (	Choice available for Breakfast	January 2024	Breakfast and Lunch Serv	ed with variety milk choice
			1	
MONDAY	TUESDAY	WEDNESDAY Sallisaw Public Schools is	THURSDAY	FRIDAY
		proud to announce that Breakfast and Lunch will be served FREE to Liberty, Eastside and Sallisaw Middle School for the 2023-2024 school year.	Jan	uary
1	2	3	4	5
	Waffles	Oatmeal and Cinnamon Toast	Long John	Biscuits and Gravy
NO SCHOOL	Fruit	Fruit	Fruit	Fruit
	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
	Crispito w/ Cheese	5 0.00, Millio		5 0.00, min
	Sauce	Hamburger Steak	Chili Dog	Cheesy Breadsticks
Hahmin	Refried Beans	Mashed Potatoes	Shredded Cheese	Marinara Sauce
	Chips and Salsa	Gravy	Tator Tots	Ceasar Salad
·	Fresh Fruit and Vegetable Bar	WG Hot Roll	Fresh Fruit and Vegetable Bar	Fresh Fruit and Vegetable Bar
Alear .			Milk	Peach Crisp
	Milk	Fresh Fruit and Vegetable Bar	Milk	
•••		Milk		Milk
	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
8	9	10	11	12
Sausage and Cheese Biscuit	Pancake on a Stick	Breakfast Pizza	Muffins and Yogurt	Biscuits and Gravy
Fruit	Fruit	Fruit	Fruit	Fruit
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
Cheeseburger	Burrito	Chicken and Waffles	Breakfast for Lunch	Corn Dog
Vegetarian Beans	Spanish Rice	Strawberries	Scrambled Eggs and Bacon	Broccoli and Cheese
Lettuce, Tomato and Pickle	Pico de gallo	Potato Smiles	Hashbrown and Toast	Fresh Fruit and Vegetable Bar
Fresh Fruit and Vegetable Bar	Chips and Salsa	Fresh Fruit and Vegetable Bar	Fruit	SideKick
Cookie	Fresh Fruit and Vegetable Bar	Milk	Milk	Milk
Milk	Milk	Milk	Juice	MIR
Corn Dog/Veggie	SAME	Chicken Nuggets/Veggie	SAME	PBJ/Cheese Stick/Veggie
15	16	17		
10			18	19
1	-		18 Honey Bun	19 Biscuits and Gravy
Mantin Luthan Kina Tr. Day	French Toast Sticks	Breakfast Boat	Honey Bun	Biscuits and Gravy
Martin Luther King Jr. Day	French Toast Sticks Fruit	Breakfast Boat Fruit	Honey Bun Fruit	Biscuits and Gravy Fruit
Martin Luther King Jr. Day	French Toast Sticks	Breakfast Boat	Honey Bun	Biscuits and Gravy Fruit Juice, Milk
Martin Luther King Jr. Day	French Toast Sticks Fruit	Breakfast Boat Fruit	Honey Bun Fruit	Biscuits and Gravy Fruit
Martin Luther King Jr. Day	French Toast Sticks Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Honey Bun Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt
Martin Luther King Jr. Day	French Toast Sticks Fruit Juice, Milk Beef Nachos	Breakfast Boat Fruit Juice, Milk Salisbury Steak	Honey Bun Fruit Juice, Milk Chicken Spaghetti	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad
Martin Luther King Jr. Day	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt
Martin Luther King Jr. Day	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar
Martin Luther King Jr. Day	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello
Martin Luther King Jr. Day	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar Milk	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk
No School	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar Milk SAME	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk Pizza/Veggie
No Schogl	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 23	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 24	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar Milk SAME 25	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk Pizza/Veggie 26
22 Ham, Egg and Cheese Biscuit	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 23 Pancakes and Sausage	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 24 Yogurt and Toast	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar Milk SAME 25 Funnel Cake	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk Pizza/Veggie 26 Biscuits and Gravy
22 Ham, Egg and Cheese Biscuit Fruit	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 23 Pancakes and Sausage Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 24 Yogurt and Toast Fruit Juice, Milk	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar Milk SAME 25 Funnel Cake Strawberries Juice, Milk	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk Pizza/Veggie 26 Biscuits and Gravy Fruit Juice, Milk
22 Ham, Egg and Cheese Biscuit Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 23 Pancakes and Sausage Fruit	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 24 Yogurt and Toast Fruit	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar Milk SAME 25 Funnel Cake Strawberries	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk Pizza/Veggie 26 Biscuits and Gravy Fruit
22 Ham, Egg and Cheese Biscuit Fruit Juice, Milk Toasted Cheese	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 23 Pancakes and Sausage Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 24 Yogurt and Toast Fruit Juice, Milk	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar Milk SAME 25 Funnel Cake Strawberries Juice, Milk	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk Pizza/Veggie 26 Biscuits and Gravy Fruit Juice, Milk Turkey and Cheese
22 Ham, Egg and Cheese Biscuit Fruit Juice, Milk Toasted Cheese Sandwich	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 23 Pancakes and Sausage Fruit Juice, Milk Eastside Special	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 24 Yogurt and Toast Fruit Juice, Milk Popcorn Chicken	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar Milk SAME 25 Funnel Cake Strawberries Juice, Milk Fish Sticks	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk Pizza/Veggie 26 Biscuits and Gravy Fruit Juice, Milk Turkey and Cheese Sub Sandwich
22 Ham, Egg and Cheese Biscuit Fruit Juice, Milk Toasted Cheese Sandwich Tomato Soup Goldfish	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 23 Pancakes and Sausage Fruit Juice, Milk Eastside Special Chicken, Cheese and Rice Refried Beans	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 24 Yogurt and Toast Fruit Juice, Milk Popcorn Chicken Mashed Potatoes	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar Milk SAME 25 Funnel Cake Strawberries Juice, Milk Fish Sticks Potato Wedges Coleslaw	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk Pizza/Veggie 26 Biscuits and Gravy Fruit Juice, Milk Turkey and Cheese Sub Sandwich Lettuce, Tomato and Pickle Broccoli w/Ranch Dip
22 Ham, Egg and Cheese Biscuit Fruit Juice, Milk Toasted Cheese Sandwich Tomato Soup Goldfish Fresh Fruit and Vegetable Bar	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 23 Pancakes and Sausage Fruit Juice, Milk Eastside Special Chicken, Cheese and Rice Refried Beans Chips and Salsa	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 24 Yogurt and Toast Fruit Juice, Milk Popcorn Chicken Mashed Potatoes Gravy WG Hot Roll	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar Milk SAME 25 Funnel Cake Strawberries Juice, Milk Fish Sticks Potato Wedges	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk Pizza/Veggie 26 Biscuits and Gravy Fruit Juice, Milk Turkey and Cheese Sub Sandwich Lettuce, Tomato and Pickle
22 Ham, Egg and Cheese Biscuit Fruit Juice, Milk Toasted Cheese Sandwich Tomato Soup Goldfish	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 23 Pancakes and Sausage Fruit Juice, Milk Eastside Special Chicken, Cheese and Rice Refried Beans	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 24 Yogurt and Toast Fruit Juice, Milk Popcorn Chicken Mashed Potatoes Gravy	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar Milk SAME 25 Funnel Cake Strawberries Juice, Milk Fish Sticks Potato Wedges Coleslaw Fresh Fruit and Vegetable Bar	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk Pizza/Veggie 26 Biscuits and Gravy Fruit Juice, Milk Turkey and Cheese Sub Sandwich Lettuce, Tomato and Pickle Broccoli w/Ranch Dip Fresh Fruit and Vegetable Bar
22 Ham, Egg and Cheese Biscuit Fruit Juice, Milk Toasted Cheese Sandwich Tomato Soup Goldfish Fresh Fruit and Vegetable Bar Cookie	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 23 Pancakes and Sausage Fruit Juice, Milk Eastside Special Chicken, Cheese and Rice Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 24 Yogurt and Toast Fruit Juice, Milk Popcorn Chicken Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar Milk SAME 25 Funnel Cake Strawberries Juice, Milk Fish Sticks Potato Wedges Coleslaw Fresh Fruit and Vegetable Bar Ice Cream	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk Pizza/Veggie 26 Biscuits and Gravy Fruit Juice, Milk Turkey and Cheese Sub Sandwich Lettuce, Tomato and Pickle Broccoli w/Ranch Dip Fresh Fruit and Vegetable Bar
22 Ham, Egg and Cheese Biscuit Fruit Juice, Milk Toasted Cheese Sandwich Tomato Soup Goldfish Fresh Fruit and Vegetable Bar Cookie Milk	French Toast Sticks Fruit Juice, Milk Beef Nachos Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME 23 Pancakes and Sausage Fruit Juice, Milk Eastside Special Chicken, Cheese and Rice Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk SAME	Breakfast Boat Fruit Juice, Milk Salisbury Steak Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk Chicken Nuggets/Veggie 24 Yogurt and Toast Fruit Juice, Milk Popcorn Chicken Mashed Potatoes Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	Honey Bun Fruit Juice, Milk Chicken Spaghetti Sweet Peas Breadstick Fresh Fruit and Vegetable Bar Milk SAME 25 Funnel Cake Strawberries Juice, Milk Fish Sticks Potato Wedges Coleslaw Fresh Fruit and Vegetable Bar Ice Cream Milk SAME	Biscuits and Gravy Fruit Juice, Milk California Flatbread Melt Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk Pizza/Veggie 26 Biscuits and Gravy Fruit Juice, Milk Turkey and Cheese Sub Sandwich Lettuce, Tomato and Pickle Broccoli w/Ranch Dip Fresh Fruit and Vegetable Bar Milk