



SALLISAW PUBLIC SCHOOLS

Eastside Elementary School

Breakfast and Lunch Menu

November 2022



Alternate Cereal Choice Available for Breakfast

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.		
31	1	2	3	4
Scary Berry Parfait Granola Juice, Milk	Waffles Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Long John Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Mummy Dogs Wormy Pasta Salad Fresh Fruit and Vegetable Bar Monster Slime Milk	Indian Taco Pinto Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Meatballs Mashed Potatoes & Gravy Green Beans Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken and Rice Soup Breadstick Fresh Fruit and Vegetable Bar Milk	Ham or Turkey Sub Sandwich Sweet Potato Fries Fresh Fruit and Vegetable Bar Peach Crisp Milk
Hamburger/Veggie	Same	Chicken Nuggets/ Veggie	Same	Pizza/Veggie
7	8	9	10	11
Ham and Cheese Muffin Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Muffins and Yogurt Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Toasted Cheese Sandwich Tomato Soup Goldfish Crackers Fresh Fruit and Vegetable Bar Cookie Milk	Chicken and Cheese Quesadilla Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken and Waffles Strawberries Syrup Cup Fresh Fruit Cup Milk Juice	Tator Tot Casserole Steamed Broccoli Sliced Bread and Butter Fresh Fruit and Vegetable Bar Milk	Chef Salad Ham and Boiled Egg Shredded Cheese Crackers Jello Milk
Hamburger/Veggie	Same	Chicken Nuggets/ Veggie	Same	PBJ/Cheesestick/Veggie
14	15	16	17	18
Sausage & Cheese Biscuit Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Oatmeal and Toast Fruit Juice, Milk	Honey Bun Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Cheeseburger Lettuce, Tomato and Pickle French Fries Fresh Fruit and Vegetable Bar Milk	Burrito w/ Cheese Sauce Bean Dip Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Thanksgiving Dinner 	Corn Dog Broccoli and Cheese Fresh Fruit and Vegetable Bar Milk	Cheesy Breadsticks Marinara Sauce Sweet Corn Fresh Fruit and Vegetable Bar Ice Cream Milk
Same	Same	Same	Same	Same
21	22	23	24	25

*****THANKSGIVING BREAK November 21st - November 25th*****

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.