

SALLISAW PUBLIC SCHOOLS

Eastside Elementary School

Breakfast and Lunch Menu October 2022



Alternate Cereal Choice Available for Breakfast

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>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.</p>		
3	4	5	6	7
Sausage & Cheese Biscuit Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Muffins & Yogurt Fruit Juice, Milk	Biscuit and Gravy Fruit Juice, Milk	NO SCHOOL
Grilled Chicken Sandwich Lettuce, Tomato and Pickles Pork n Beans Fresh Fruit and Vegetable Bar Cookie Milk	Beef n Cheese Nachos Spanish Rice Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Popcorn Chicken Mashed Potatoes & Gravy Sweet Corn Hot Roll Fresh Fruit and Vegetable Bar Milk	Pepperoni Pizza Broccoli Salad Fruit Cup Fresh Fruit and Vegetable Bar Ice Cream Milk	
Hamburger/Veggie	Same	Chicken Nuggets/ Veggie	Same	
10	11	12	13	14
Sausage & Egg Biscuit Fruit Juice, Milk	Waffles Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	PROFESSIONAL DAY	NO SCHOOL
Chili Dog Shredded Cheese Potato Wedges Fresh Fruit and Vegetable Bar Cookie Milk	Eastside Special Chicken, Cheese & Rice Refried Beans Chips and Salsa Fresh Fruit and Vegetable Bar Milk	Chicken and Waffles Strawberries Syrup Cup Fresh Fruit Cup Milk Juice		
Hamburger/Veggie	Same	Chicken Nuggets/ Veggie		
17	18	19	20	21
NO SCHOOL	French Toast Sticks Fruit Juice, Milk	Oatmeal and Toast Fruit Juice, Milk	Long John Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Burrito w/ Cheese Sauce Pinto Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Meatballs w/ Gravy Mashed Potatoes Green beans Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken Fried Rice Egg Roll Steamed Broccoli Fresh Fruit and Vegetable Bar Fortune Cookie Milk	Cheesy Breadsticks Marinara Sauce Spaghetti Salad Fresh Fruit and Vegetable Bar Jello Milk
	Same	Chicken Nuggets/Veggie	Same	Pizza/Veggie
24	25	26	27	28
Breakfast Nachos Fruit Juice, Milk	Pancakes Fruit Juice, Milk	Donut Fruit Juice, Milk	Cinnamon Toast & Yogurt Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Corn Dog Broccoli and Cheese Macaroni Salad Fresh Fruit and Vegetable Bar Cookie	Chicken Taco Salad Refried Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Salisbury Steak Mashed Potatoes & Gravy Peas and Carrots Hot Roll Fresh Fruit and Vegetable Bar Milk	Breakfast for Lunch Scrambled Eggs & Sausage Homefries Biscuits and Gravy Fresh Fruit Bar Juice, Strawberry Milk	Chicken Parmesan Buttered Noodles Spinach Salad Fresh Fruit and Vegetable Bar Sherbert Milk
Hamburger/Veggie	Same	Chicken Nuggets/Veggie	Same	Pizza/Veggie

***** RED RIBBON WEEK *****

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.