



SALLISAW PUBLIC SCHOOLS

Eastside Elementary School

Breakfast and Lunch Menu
September 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>		
5	6	7	8	9
NO SCHOOL	Pancakes and Sausage Fruit Juice, Milk	Oatmeal and WG Toast Fruit Juice, Milk	Long John Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	Chicken Fajitas Fajita Veggies Refried Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Meatballs w/ Gravy Mashed Potatoes Hot Roll Fresh Fruit and Vegetable Bar Milk	Fish Sticks French Fries Coleslaw Fresh Fruit and Vegetable Bar Ice Cream Milk	California Flatbread Pizza Cesar Salad Salad Bar Blueberry Crisp Milk
	SAME	CHICKEN NUGGETS/VEGGIE	SAME	PIZZA/VEGGIE
12	13	14	15	16
Ham and Cheese Muffin Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Yogurt Parfait Grahams Juice, Milk	Donut Fruit Juice, Milk	PROFESSIONAL DAY
Hamburger Pork n Beans Fresh Fruit and Vegetable Bar Cookie Milk	Chicken Enchilada Soup Spanish Rice Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Popcorn Chicken Mashed Potatoes & Gravy Hot Roll Fresh Fruit and Vegetable Bar Milk	Chicken Pot Pie Glazed Carrots Biscuit Fresh Fruit and Vegetable Bar Milk	
CORN DOG/VEGGIE	SAME	CHICKEN NUGGETS/VEGGIE	SAME	
19	20	21	22	23
Sausage Biscuit Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Breakfast Nachos Fruit Juice, Milk	HoneyBun Sausage and Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Toasted Cheese Sandwich Tomato Soup Cheez-Its Fresh Fruit and Vegetable Bar Cookie Milk	Indian Taco Pinto Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Chicken and Waffles Syrup Cup Fresh Fruit Cup Fresh Fruit and Vegetable Bar Milk	Baked Potato Bar "Fixins Garlic Breadstick Fresh Fruit and Vegetable Bar Milk	Cheese Pizza Seasoned Corn Fresh Fruit and Vegetable Bar Chocolate Cake Milk
CORN DOG/VEGGIE	SAME	CHICKEN NUGGETS/VEGGIE	SAME	PIZZA/VEGGIE
26	27	28	29	30
Sausage and Cheese Muffin Fruit Juice, Milk	Waffles Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
Breaded Chicken Sandwich Lettuce, Tomato and Pickles Tator Tots Fresh Fruit and Vegetable Bar Cookie Milk	Chicken and Cheese Quesadilla Spanish Rice Salsa and Chips Fresh Fruit and Vegetable Bar Milk	Hamburger Steak Mashed Potatoes and Gravy Hot Roll Fruit Salad Bar Milk	Pulled Pork Sandwich Baked Beans Corn Chips Pickle Spears Fresh Fruit and Vegetable Bar Milk	Cheese Stuffed Breadsticks Marinara Sauce Fresh Broccoli and Ranch Dip Fresh Fruit and Vegetable Bar Ice Cream Milk
CORN DOG/VEGGIE	SAME	CHICKEN NUGGETS/VEGGIE	SAME	PIZZA/VEGGIE

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.