



SALLISAW PUBLIC SCHOOLS

Liberty Elementary School

Breakfast and Lunch Menu

April 2023



Available to Kindergarten, First, Second and Transition: Turkey & Cheese
or Ham & Cheese Sandwich, Fruit, Veggie and Milk

No Sack Lunches Available

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.		
3	4	5	6	7
Breakfast Pizza Fruit Juice, Milk	Cinnamon Biscuit Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	GOOD FRIDAY
Hamburger Baked Beans Fruit Salad Bar Apple Crisp Milk	Chicken and Noodles Steamed Carrots Cornbread GoGurt Salad Bar Milk	Pork Roast Mashed Potatoes Hot Roll Fruit Salad Bar Milk	Mexican Casserole Sweet Corn Fruit Salad Bar SideKicks Milk	
10	11	12	13	14
Sausage and Egg Biscuit Fruit Juice, Milk	Yogurt and Toast Fruit Juice, Milk	Pop Tart Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and Toast Fruit Juice, Milk
Ham and Cheese Slider Pork and Beans Fruit Salad Bar Milk	Chicken Alfredo Green Beans Breadstick Fruit Salad Bar Milk	Toasted Cheese Sandwich French Fries Strawberries and Cake Salad Bar Milk NATIONAL GRILLED CHEESE DAY	Burrito w/ Spanish Rice Chips and Salsa Fruit and Salad Bar Peach Cobbler Milk PEACH COBBLER DAY	Pizza Tossed Salad Fruit Salad Bar Milk
17	18	19	20	21
Breakfast Pizza Fruit Juice, Milk	Cinnamon Toast Fruit Juice, Milk	Waffles Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and Toast Fruit Juice, Milk
Corn Dog Steamed Broccoli Fruit Salad Bar Cookie Milk	Macaroni and Cheese Little Smokies Green Beans Wheat Biscuit Fruit Milk	Chicken Nuggets Mashed Potatoes Hot Roll Fruit Salad Bar Milk	Beef Taco Refried Beans Chips and Salsa Fruit Salad Bar Milk	Fish Sticks French Fries Fruit Salad Bar Ice Cream Milk
24	25	26	27	28
Sausage and Egg Biscuit Fruit Juice, Milk	Donut Fruit Juice, Milk	Pancakes Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	
Sausage Roll Pork n Beans Potato Chips Fruit Milk PIG IN A BLANKET DAY	Pizza Spaghetti Green Beans Fruit Salad Bar Milk	Chicken Fried Steak Fingers Mashed Potatoes Hot Roll Fruit Salad Bar Milk	Pizza Fruit Salad Bar Pudding Milk	

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.