






| 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. |    |  |
| 28  | 29  | 30   | 1   | 2  |
| Sausage and Egg Biscuit<br>Fruit<br>Juice, Milk                                   | Donut<br>Fruit<br>Juice, Milk                                 | Pancakes<br>Fruit<br>Juice, Milk   | Biscuits and Gravy<br>Sausage and Fruit<br>Juice, Milk                                | Cereal and Toast<br>Fruit<br>Juice, Milk                     |
| <b>Chicken Sandwich</b>   | <b>Macaroni and Cheese</b>                                    | <b>Roasted Chicken</b>   | <b>Beef Taco</b>  | <b>Pizza Sticks w/ Marinara Sauce</b>                        |
| Baked Beans<br>Salad Bar<br>Fruit<br>Cookie<br>Milk                               | Sausage Roll<br>Green Beans<br>Salad Bar<br>Fruit<br>Milk     | Mashed Potatoes<br>Hot Roll<br>Salad Bar<br>Fruit<br>Milk  | Sweet Corn<br>Chips and Salsa<br>Salad Bar<br>Fruit<br>Milk                           | Baby Carrots w/ Ranch<br>Salad Bar<br>Fruit<br>Jello<br>Milk |
| 5   | 6   | 7  | 8   | 9  |
| Breakfast Pizza<br>Fruit<br>Juice, Milk   | Yogurt and Grahams<br>Fruit<br>Juice, Milk                    | French Toast Sticks<br>Fruit<br>Juice, Milk  | Biscuits and Gravy<br>Sausage and Fruit<br>Juice, Milk                                | Cereal and Toast<br>Fruit<br>Juice, Milk                     |
| <b>Hamburger</b>  | <b>Beef Nachos</b>  | <b>Chicken Strips</b>  | <b>Vegetable Beef Soup</b>  | <b>Fish Sticks</b>   |
| Sweet Potato Fries<br>Sliced Pickles<br>Salad Bar<br>Fruit<br>Milk                | Refried Beans<br>Salsa<br>Salad Bar<br>Fruit<br>Milk          | Mashed Potatoes<br>Hot Roll<br>Salad Bar<br>Fruit<br>Milk  | Cheese Sticks<br>Crackers<br>Fruit<br>Cinnamon Roll<br>Milk                           | French Fries<br>Salad Bar<br>Fruit<br>Ice Cream<br>Milk      |
| 12  | 13  | 14   | 15  | 16   |
| Sausage Biscuit<br>Fruit<br>Juice, Milk   | Oatmeal and Toast<br>Fruit<br>Juice, Milk                     | Pancake on a Stick<br>Fruit<br>Juice, Milk   | Cereal and Grahams<br>Fruit<br>Juice, Milk  | Biscuits and Gravy<br>Sausage and Fruit<br>Juice, Milk       |
| <b>Ham and Cheese Flatbread</b>   | <b>Chicken Taco</b>   | <b>Corn Dog</b>  | <b>CHRISTMAS DINNER</b>   | <b>Cheese Pizza</b>  |
| Pork n Beans<br>Salad Bar<br>Fruit<br>Cookie<br>Milk                              | Spanish Rice<br>Chips and Salsa<br>Salad Bar<br>Fruit<br>Milk | Steamed Broccoli<br>Salad Bar<br>Fruit<br>Milk   |  | Baby Carrots w/ Ranch<br>Fruit<br>Pudding<br>Milk            |
| 19  | 20  | 21   | 22  | 23   |
|   |   |  |   |  |
| *****CHRISTMAS BREAK DECEMBER 19TH - DECEMBER 30TH*****                           |   |  |   |  |
|   |   |  |   |  |
| 26  | 27  | 28   | 29  | 30   |
| ***Menu Subject to Change According to Product Availability***                    |   |  |   |  |
| This institution is an equal opportunity provider.                                |   |  |   |  |