



SALLISAW PUBLIC SCHOOLS

Liberty Elementary School

Breakfast and Lunch Menu

February 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
		<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>		
30	31	1	2	3
Sausage and Egg Biscuit Fruit Juice, Milk	Yogurt and Grahams Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and Toast Fruit Juice, Milk
Ham and Cheese Croissant Baked Beans Fruit Salad Bar Cookie Milk	Vegetable Beef Soup Cheese Stick Crackers Fruit Salad Bar Cinnamon Roll and Milk	Chicken Fried Steak Fingers Mashed Potatoes Hot Roll Fruit Salad Bar Milk	Chicken Sandwich Tator Tots Fruit Salad Bar Milk National Tator Tot Day	Cheese Pizza Baby Carrots Fruit Salad Bar Yogurt and Milk
6	7	8	9	10
Breakfast Pizza Fruit Juice, Milk	Cinnamon Toast Fruit Juice, Milk	Pancakes Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and Toast Fruit Juice, Milk
Hamburger French Fries Fruit Salad Bar Milk	Chicken Alfredo w/ Breadstick Green Beans Fruit Salad Bar Milk National Alfredo Day	Chicken Nuggets Mashed Potatoes Hot Roll Fruit Salad Bar Milk	Pepperoni Pizza Tossed Salad Fruit Salad Bar Milk National Pizza Day	BBQ Sandwich Baked Beans Fruit Salad Bar Brownie and Milk National Brownie Day
13	14	15	16	17
Sausage and Egg Biscuit Fruit Juice, Milk	Pop - Tarts Fruit Juice, Milk 	Pancake on a Stick Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	NO SCHOOL
Meatball Sub Sandwich Potato Wedges Fruit Salad Bar Cookie and Milk National Italian Food Day	Macaroni and Cheese Sausage Roll Green Beans Breadstick Fruit Milk	BBQ Smokies Mashed Potatoes Hot Roll Fruit Salad Bar Milk	Chicken Taco Refried Beans Fruit Salad Bar Ice Cream Milk	
20	21	22	23	24
NO SCHOOL	Donut Fruit Juice, Milk	Waffles Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and Toast Fruit Juice, Milk
	Chicken and Noodles Green Peas Cornbread String Cheese Fruit and Salad Bar Milk	Chicken Strips Mashed Potatoes Hot Roll Fruit Salad Bar Milk	Frito Chili Pie Corn on the Cob Fruit Salad Bar Milk National Banana Bread Day	Toasted Cheese Sandwich Tomato Soup Nacho Chips Fruit and Salad Bar Milk National Tortilla Chip Day

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.