



SALLISAW PUBLIC SCHOOLS

Liberty Elementary School

Breakfast and Lunch Menu

January 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>		
2	3	4	5	6
NO SCHOOL	<p>Cinnamon Toast Fruit Juice, Milk</p>	<p>Waffles Fruit Juice, Milk</p>	<p>Biscuits and Gravy Sausage and Fruit Juice, Milk</p>	<p>Cereal and Toast Fruit Juice, Milk</p>
	<p>Chicken Quesadilla</p> <p>Refried Beans Chips and Salsa Fruit Salad Bar Milk</p>	<p>Chicken Fried Steak Fingers</p> <p>Mashed Potatoes Hot Roll Fruit Salad Bar Milk</p>	<p>Chili Beans</p> <p>Crackers Fruit Salad Bar Peach Cobbler Milk</p>	<p>Pepperoni Pizza</p> <p>Tossed Salad Fruit Jello Milk</p>
9	10	11	12	13
<p>Breakfast Pizza Fruit Juice, Milk</p>	<p>Yogurt and Grahams Fruit Juice, Milk</p>	<p>French Toast Sticks Fruit Juice, Milk</p>	<p>Biscuits and Gravy Sausage and Fruit Juice, Milk</p>	<p>Cereal and Toast Fruit Juice, Milk</p>
<p>Hamburger</p> <p>Potato Wedges Fruit Salad Bar Cookie Milk</p>	<p>Macaroni and Cheese</p> <p>Little Smokies Green Beans Juice Salad Bar Milk</p>	<p>Chicken Nuggets</p> <p>Mashed Potatoes Hot Roll Fruit Salad Bar Milk</p>	<p>Crispito</p> <p>Refried Beans Chips and Salsa Fruit Salad Bar Milk</p>	<p>Pizza Sub</p> <p>Potato Chips Fruit Salad Bar Milk</p>
16	17	18	19	20
NO SCHOOL	<p>Oatmeal and Toast Fruit Juice, Milk</p>	<p>Pop Tarts Fruit Juice, Milk</p>	<p>Biscuits and Gravy Sausage and Fruit Juice, Milk</p>	<p>Cereal and Toast Fruit Juice, Milk</p>
	<p>Spaghetti w/ Meat Sauce</p> <p>Green Beans String Cheese Breadstick Fruit Milk</p>	<p>Chicken and Waffles</p> <p>Potato Smiles Fruit Salad Bar Milk</p>	<p>Beef Taco</p> <p>Corn Fruit Salad Bar Ice Cream Milk</p>	<p>Toasted Cheese Sandwich</p> <p>Baked Beans Salad Bar Strawberries and Cake Milk</p>
23	24	25	26	27
<p>Sausage Biscuit Fruit Juice, Milk</p>	<p>Donut Fruit Juice, Milk</p>	<p>Muffin Fruit Juice, Milk</p>	<p>Biscuits and Gravy Sausage and Fruit Juice, Milk</p>	<p>Cereal and Toast Fruit Juice, Milk</p>
<p>Corn Dog</p> <p>French Fries Fruit Salad Bar Apple Crisp Milk</p>	<p>Chicken and Noodles</p> <p>Green Peas Cornbread Fruit Salad Bar Milk</p>	<p>Breakfast for Lunch</p> <p>Scrambled Eggs & Sausage Links Hashbrowns Toast Fruit Milk</p>	<p>Frito Chili Pie</p> <p>Corn SideKick Salad Bar Milk</p>	<p>Fish Sticks</p> <p>"Fried" Potatoes Pinto Beans Fruit Salad Bar Milk</p>

Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.