



# SALLISAW PUBLIC SCHOOLS

## Liberty Elementary School

### Breakfast and Lunch Menu

March 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.		
27	28	1	2	3
Yogurt and Grahams Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and Toast Fruit Juice, Milk
<b>Hamburger</b>  Sweet Potato Fries Salad Bar Fruit Milk	<b>Vegetable Beef Soup w/ Cheese Stick</b>  Crackers Salad Bar Fruit Cinnamon Roll Milk	<b>Chicken Nuggets</b>  Mashed Potatoes Hot Roll Salad Bar Fruit Milk	<b>Green Eggs and Ham Slider</b>  1 Fish 2 Fish Goldfish Salad Bar Fruit Milk <i>Dr. Seuss Day</i>	<b>Chili Dog</b>  Tator Tots Salad Bar Fruit Milk
6	7	8	9	10
Sausage and Egg Biscuti Fruit Juice, Milk	Cinnamon Toast Fruit Juice, Milk	Pancake Bites Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	
<b>Ham and Cheese Flatbread</b>  Baked Beans Salad Bar Fruit Cookie Milk	<b>Spaghetti and Meat Sauce</b>  Green Beans String Cheese Salad Bar Fruit Milk	<b>Chicken Fried Steak Fingers</b>  Mashed Potatoes Hot Roll Salad Bar Fruit Milk	<b>Crispito</b>  Sweet Corn Chips and Salsa Salad Bar Fruit Milk	
13	14	15	16	17
<b>SPRING BREAK MARCH 13th - MARCH 17th</b>				
20	21	22	23	24
Breakfast Pizza Fruit Juice, Milk	Donut Fruit Juice, Milk	Yogurt Parfait Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and Toast Fruit Juice, Milk
<b>Corn Dog</b>  Broccoli Salad Bar Fruit Milk	<b>Crunchy Beef Taco</b>  Refried Beans Salad Bar Fruit Milk <i>National Crunchy Taco Day</i>	<b>Scrambled Eggs</b>  Sausage Links Hashbrown Toast Fruit Juice, Milk	<b>Beef and Cheeses Nachos</b>  Salsa Salad Bar Fruit Milk <i>National Chips and Dip Day</i>	<b>Fish Sticks</b>  French Fries Salad Bar Fruit Ice Cream Milk
27	28	29	30	31
Sausage and Egg Biscuit Fruit Juice, Milk	Funnel Cake Fruit Juice, Milk	Pop - Tarts Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and Toast Fruit Juice, Milk
<b>Chicken Sandwich</b>  Potato Wedges Salad Bar Fruit Cookie Milk	<b>Macaroni and Cheese</b>  Little Smokies Green Beans WG Biscuit Fruit Milk	<b>Popcorn Chicken and Waffles</b>  Potato Smiles Syrup Cup Salad Bar Fruit Milk	<b>Chicken Quesadilla</b>  Refried Beans Chips and Salsa Salad Bar Fruit Milk	<b>Pizza</b>  Baby Carrots Salad Bar Fruit Jello Milk

\*\*\*Menu Subject to Change According to Product Availability\*\*\*

This institution is an equal opportunity provider.