



SALLISAW PUBLIC SCHOOLS

Liberty Elementary School

Breakfast and Lunch Menu

May 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.		
1	2	3	4	5
Biscuits and Chocolate Gravy 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
Turkey and cheese Croissant Baked Beans Fruit Salad Bar Milk	Vegetable Beef Soup Cheese Stick Crackers Fruit Salad Bar Milk and Cinnamon Roll	Chicken Strips Mashed Potatoes Hot Roll Fruit Salad Bar Milk	Pizza Sub Potato Wedges Fruit Salad Bar Milk National Hoagie Day	Enchilada Casserole w/ Sweet Corn Fruit Salad Bar Ice Cream Milk National Enchilada Day
8	9	10	11	12
Cheese Toast Fruit Juice, Milk	Blueberry Bread Fruit Juice, Milk	Yogurt Parfait Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and Toast Fruit Juice, Milk
Hot Dog Tator Tots Pickle Spears Fruit Salad Bar Milk	Lasagna Green Beans Breadstick Fruit Salad Bar Milk	Chicken Nuggets Mashed Potatoes Hot Roll Fruit Salad Bar Milk	Crunchy Beef Taco Refried Beans Fruit Salad Bar Milk	Pizza Tossed Salad Fruit Salad Bar Pudding Milk
15	16	17	18	19
Sausage Biscuit Fruit Juice, Milk	Cinnamon Toast Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Cereal and Grahams Fruit Juice, Milk	
Cheese Quesadilla Chips and Salsa Fruit Salad Bar Milk and Cookie National Chocolate Chip Day	Crispito w/ Refried Beans Fruit Salad Bar "Fried" Pickles Milk National Pickle Day	Scrambled Eggs Sausage Links Hashbrown and Toast Fresh Fruit Milk	Sack Lunch Corn Dog Baby Carrots Fruit Cookie Milk	



SUMMER FOOD PROGRAM @ Eastside Elementary June 5 - July

14th, 11:30am - 12:30pm.... ALL kids eat FREE!!!!



Menu Subject to Change According to Product Availability

This institution is an equal opportunity provider.