



SALLISAW PUBLIC SCHOOLS

Liberty Elementary School

Breakfast and Lunch Menu




November 2022



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.		
31	1	2	3	4
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	Cereal and Toast Fruit Juice, Milk
Chili Dog Baked Beans Salad Bar Fruit Milk	Vegetable Beef Soup & Crackers Cheese Sticks Salad Bar Fruit Cinnamon Roll Milk	Pork Loin Mashed Potatoes Hot Roll Salad Bar Fruit Milk	Chicken Taco Sweet Corn Chips and Salsa Salad Bar Fruit Milk	Toasted Cheese Sandwich French Fries Salad Bar Strawberries and Cake Milk
7	8	9	10	11
Chocolate Gravy and Biscuit Fruit Juice, Milk	Cinnamon Toast Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and Toast Fruit Juice, Milk
Chicken Quesadilla Salad Bar Fruit Cookie Milk	Spaghetti w/ Meat Sauce Green Beans Cheese Sticks Breadstick Salad Bar Milk	Chicken Filet Mashed Potatoes Hot Roll Salad Bar Fruit Milk	Burrito Refried Beans Chips and Salsa Salad Bar Fruit Milk	Cheese Pizza Tossed Salad Fruit Jello Milk
14	15	16	17	18
Breakfast Pizza Fruit Juice, Milk	Blueberry Bread Fruit Juice, Milk	Mini Waffles Fruit Juice, Milk	Cereal and Grahams Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk
Hamburger Baked Beans Salad Bar Fruit Milk	Chicken and Noodles Green Beans Go-Gurt Salad Bar Fruit Milk	Corn Dog Steamed Broccoli Salad Bar Fruit Milk	Thanksgiving Dinner 	Pepperoni Pizza Baby Carrots w/ Ranch Fruit Milk
21	22	23	24	25
*****THANKSGIVING BREAK November 21st - November 25th*****				
Menu Subject to Change According to Product Availability				
This institution is an equal opportunity provider.				