	SALLIS	SAW PUBLIC SCI	HOOLS	
	Libe	rty Elementary Sc	hool	
28° A		reakfast and Lunch Men		~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~
		October 2022		
		October 2022	ø	
	cond and Transition: Turkey & Cheese n, Fruit, Veggie, Chips and Milk	No Sack Lunches Available	Breakfast and Lunch Serv	ved with variety milk choice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
•		Sallisaw Public Schools is		I
		proud to announce that	6	
		Breakfast and Lunch will be	MAG-	TO
		served FREE to Liberty,		-610-1
		Eastside and Sallisaw Middle		(*)/~V!
and the second second		School for the 2022-2023		
	Contraction of the second	school year.		
3	4	5	6	7
Chocolate Gravy	Yogurt and Grahams	Pop-Tarts	Cereal and Toast	
Fruit	Fruit	Fruit	Fruit	
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	
Chicken Sandwich	Macaroni and Cheese	Chicken and Waffles	Beef Taco	
Chicken Sandwich	macaroni and cheese	chicken and wattles	Deet laco	
French Fries	Sausage Rolls	Syrup	Refried Beans	NO
Salad Bar	Green Beans	Potato Smiles	Chips and Salsa	Call
Salad Bar Fruit	Salad Bar	Salad Bar	Salad Bar	
		Fruit	Fruit	
Cookie	Fruit		Milk	
Milk 10	Milk 11	Milk 12	13	14
Sausage and Egg Biscuit	Oatmeal and Toast	Pancakes	15	14
Fruit	Fruit	Fruit	PROFESSIONAL DAY	
Juice, Milk	Juice, Milk	Juice, Milk		
		Chicken Fried Steak		Fally
Corn Dog	Chicken and Noodles			Break
		Fingers		
Steamed Broccoli	GoGurt	Mashed Potatoes & Gravy		SNO B
Salad Bar	Green Peas	Sliced Bread & Butter	School	m3 - nool
Apple Crisp	CornBread	Salad Bar		
Milk	Salad Bar Milk	Fruit Milk		
17	18	19	20	21
	Cinnamon Toast	French Toast Sticks	Biscuits and Gravy	Cereal and WG Toast
	Cinnamon Toast Fruit	French Toast Sticks Fruit	Biscuits and Gravy Sausage and Fruit	Cereal and WG Toast Fruit
Fally	Fruit Juice, Milk	Fruit Juice, Milk	Sausage and Fruit Juice, Milk	Fruit Juice, Milk
Break	Fruit	Fruit	Sausage and Fruit	Fruit
Break	Fruit Juice, Milk Hamburger	Fruit Juice, Milk Breakfast for Lunch	Sausage and Fruit Juice, Milk Frito Chili Pie	Fruit Juice, Milk Cheese Pizza
Break Break	Fruit Juice, Milk Hamburger Baked Beans	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob	Fruit Juice, Milk Cheese Pizza Baby Carrots
Break School	Fruit Juice, Milk Hamburger Baked Beans Salad Bar	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar
Brecht School	Fruit Juice, Milk Hamburger Baked Beans	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar Fruit
Break School	Fruit Juice, Milk Hamburger Baked Beans Salad Bar Fruit	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown Wheat Toast	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar Fruit	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar
24	Fruit Juice, Milk Hamburger Baked Beans Salad Bar Fruit	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar Fruit Sherbert	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar Fruit Pudding
24 Breakfast Pizza	Fruit Juice, Milk Hamburger Baked Beans Salad Bar Fruit Milk	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit Juice, Milk	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar Fruit Sherbert Milk	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar Fruit Pudding Milk
	Fruit Juice, Milk Hamburger Baked Beans Salad Bar Fruit Milk 25	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit Juice, Milk 26	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar Fruit Sherbert Milk 27	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar Fruit Pudding Milk 28
Breakfast Pizza	Fruit Juice, Milk Hamburger Baked Beans Salad Bar Fruit Milk 25 Donut	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit Juice, Milk 26 Waffles	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar Fruit Sherbert Milk 27 Biscuits and Gravy	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar Fruit Pudding Milk 28 Cereal and WG Toast
Breakfast Pizza Fruit	Fruit Juice, Milk Hamburger Baked Beans Salad Bar Fruit Milk 25 Donut Fruit Juice, Milk	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit Juice, Milk 26 Waffles Fruit Juice, Milk	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar Fruit Sherbert Milk 27 Biscuits and Gravy Sausage and Fruit Juice, Milk	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar Fruit Pudding Milk 28 Cereal and WG Toast Fruit Juice, Milk
Breakfast Pizza Fruit Juice, Milk	Fruit Juice, Milk Hamburger Baked Beans Salad Bar Fruit Milk 25 Donut Fruit	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit Juice, Milk 26 Waffles Fruit	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar Fruit Sherbert Milk 27 Biscuits and Gravy Sausage and Fruit	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar Fruit Pudding Milk 28 Cereal and WG Toast Fruit
Breakfast Pizza Fruit Juice, Milk Ham and Cheese Croissant	Fruit Juice, Milk Hamburger Baked Beans Salad Bar Fruit Milk 25 Donut Fruit Juice, Milk Pizza Spaghetti	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit Juice, Milk 26 Waffles Fruit Juice, Milk Chicken Nuggets	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar Fruit Sherbert Milk 27 Biscuits and Gravy Sausage and Fruit Juice, Milk	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar Fruit Pudding Milk 28 Cereal and WG Toast Fruit Juice, Milk
Breakfast Pizza Fruit Juice, Milk Ham and Cheese	Fruit Juice, Milk Hamburger Baked Beans Salad Bar Fruit Milk 25 Donut Fruit Juice, Milk	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit Juice, Milk 26 Waffles Fruit Juice, Milk	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar Fruit Sherbert Milk 27 Biscuits and Gravy Sausage and Fruit Juice, Milk BBQ Sandwich	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar Fruit Pudding Milk 28 Cereal and WG Toast Fruit Juice, Milk Fish Sticks
Breakfast Pizza Fruit Juice, Milk Ham and Cheese Croissant Tater Tots Salad Bar	Fruit Juice, Milk Hamburger Baked Beans Salad Bar Fruit Milk 25 Donut Fruit Juice, Milk Pizza Spaghetti Green Beans Salad Bar	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit Juice, Milk 26 Waffles Fruit Juice, Milk Chicken Nuggets Mashed Potatoes	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar Fruit Sherbert Milk 27 Biscuits and Gravy Sausage and Fruit Juice, Milk BBQ Sandwich Baked Beans	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar Fruit Pudding Milk 28 Cereal and WG Toast Fruit Juice, Milk Fish Sticks French Fries
Breakfast Pizza Fruit Juice, Milk Ham and Cheese Croissant Tater Tots	Fruit Juice, Milk Hamburger Baked Beans Salad Bar Fruit Milk 25 Donut Fruit Juice, Milk Pizza Spaghetti Green Beans	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit Juice, Milk 26 Waffles Fruit Juice, Milk Chicken Nuggets Mashed Potatoes Hot Roll	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar Fruit Sherbert Milk 27 Biscuits and Gravy Sausage and Fruit Juice, Milk BBQ Sandwich Baked Beans Pickle Spears	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar Fruit Pudding Milk 28 Cereal and WG Toast Fruit Juice, Milk Fish Sticks French Fries Salad Bar
Breakfast Pizza Fruit Juice, Milk Ham and Cheese Croissant Tater Tots Salad Bar Fruit	Fruit Juice, Milk Hamburger Baked Beans Salad Bar Fruit Milk 25 Donut Fruit Juice, Milk Pizza Spaghetti Green Beans Salad Bar Rosy Pears	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit Juice, Milk 26 Waffles Fruit Juice, Milk Chicken Nuggets Mashed Potatoes Hot Roll Salad Bar	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar Fruit Sherbert Milk 27 Biscuits and Gravy Sausage and Fruit Juice, Milk BBQ Sandwich Baked Beans Pickle Spears Salad Bar	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar Fruit Pudding Milk 28 Cereal and WG Toast Fruit Juice, Milk Fish Sticks French Fries Salad Bar Strawberries & Ice Creat
Breakfast Pizza Fruit Juice, Milk Ham and Cheese Croissant Tater Tots Salad Bar Fruit Sugar Cookie	Fruit Juice, Milk Hamburger Baked Beans Salad Bar Fruit Milk 25 Donut Fruit Juice, Milk Pizza Spaghetti Green Beans Salad Bar Rosy Pears Milk	Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit Juice, Milk 26 Waffles Fruit Juice, Milk Chicken Nuggets Mashed Potatoes Hot Roll Salad Bar Fruit	Sausage and Fruit Juice, Milk Frito Chili Pie Corn on the Cob Salad Bar Fruit Sherbert Milk 27 Biscuits and Gravy Sausage and Fruit Juice, Milk BBQ Sandwich Baked Beans Pickle Spears Salad Bar Cherry Applesauce Milk	Fruit Juice, Milk Cheese Pizza Baby Carrots Salad Bar Fruit Pudding Milk 28 Cereal and WG Toast Fruit Juice, Milk Fish Sticks French Fries Salad Bar Strawberries & Ice Creat