

SALLISAW PUBLIC SCHOOLS

Liberty Elementary School

Breakfast and Lunch Menu October 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

	ich, Fruit, Veggie and Milk			I
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Sallisaw Public Schools is		
		proud to announce that	6	
· ·		Breakfast and Lunch will be	~ C-	T \sim
	The state of the s	served FREE to Liberty,		-6 (6)-1
The state of the s		Eastside and Sallisaw Middle		CO SO
(26) (Control of the Contro	School for the 2023-2024		
		·		
and the same		school year.		
2	3	4	5	6
Breakfast Pizza	Yogurt and Grahams	French Toast Sticks	Biscuits and Gravy	Cereal and WG Toast
Fruit	Fruit	Fruit	Sausage and Fruit	Fruit
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk
		Chicken Fried Steak		
Chicken Sandwich	Beef Soft Taco		Pizza Sub	Chicken Noodle Sou
		Fingers		
Pork n Beans	Seasoned Corn	Mashed Potatoes	Potato Wedges	Cheese Stick
Salad Bar	Salad Bar	WG Hot Roll	Salad Bar	Crackers
Fruit	Fruit	Salad Bar	Fruit	Salad Bar and Fruit
Cookie	Milk	Fruit	Ice Cream	Milk
Milk	National Soft Taco Day	Milk	Milk	National Noodle Day
9 MIIK	National Soft Taco Day	MIIK 11	12	13
	Cinnamon Toast	Pancake on a Stick	Biscuits and Gravy	13
Sausage Biscuit			•	
Fruit	Fruit	Fruit	Sausage and Fruit	
Juice, Milk	Juice, Milk	Juice, Milk	Juice, Milk	
Pepperoni Pizza	Chicken Taco	Chicken Alfredo	Chili Dog	
Steamed Carrots	Spanish Rice	Sweet Peas	Baked Beans	No
Salad Bar	Salad Bar	Garlic Breadstick	Corn Chips	
		Salad Bar	Salad Bar	Sanoo
Fruit	Fruit			
Pudding and Milk	Milk	Fruit	Fruit	
National Pizza Day		Milk	Milk	
16	17	18	19	20
Breakfast Pizza	Donut	Waffles		
			PROFESSIONAL DAY	
Fruit	Fruit	Fruit	PROFESSIONAL DAY	
Fruit Juice, Milk	Fruit Juice, Milk	Fruit Juice, Milk	PROFESSIONAL DAY	
			PROFESSIONAL DAY	a collection
Juice, Milk CornDog	Juice, Milk Macaroni and Cheese	Juice, Milk Chicken Nuggets	PROFESSIONAL DAY	Fall Prede
Juice, Milk CornDog Steamed Broccoli	Juice, Milk Macaroni and Cheese Sausage Roll	Juice, Milk Chicken Nuggets Mashed Potatoes	PROFESSIONAL DAY	Break Break
Juice, Milk CornDog Steamed Broccoli Salad Bar	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll	PROFESSIONAL DAY	Break Break
Juice, Milk CornDog Steamed Broccoli Salad Bar Frut	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans Salad Bar	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar	No School	Break School
Juice, Milk CornDog Steamed Broccoli Salad Bar	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar Fruit	No School	Break School
Juice, Milk CornDog Steamed Broccoli Salad Bar Frut Apple Crisp Milk	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans Salad Bar Fruit Milk	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk	No School	Break S. No.
Juice, Milk CornDog Steamed Broccoli Salad Bar Frut Apple Crisp	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans Salad Bar Fruit Milk 24	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk 25	No School	School Sc
Juice, Milk CornDog Steamed Broccoli Salad Bar Frut Apple Crisp Milk	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans Salad Bar Fruit Milk 24 Chocolate Gravy & Biscuits	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk 25 Pop-Tarts	School 26 Biscuits and Gravy	Cereal and Grahams
Juice, Milk CornDog Steamed Broccoli Salad Bar Frut Apple Crisp Milk	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans Salad Bar Fruit Milk 24 Chocolate Gravy & Biscuits Fruit	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk 25 Pop-Tarts Fruit	26 Biscuits and Gravy Sausage and Fruit	Cereal and Grahams Fruit
Juice, Milk CornDog Steamed Broccoli Salad Bar Frut Apple Crisp Milk	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans Salad Bar Fruit Milk 24 Chocolate Gravy & Biscuits	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk 25 Pop-Tarts	School 26 Biscuits and Gravy	Cereal and Grahams Fruit Juice, Milk
Juice, Milk CornDog Steamed Broccoli Salad Bar Frut Apple Crisp Milk	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans Salad Bar Fruit Milk 24 Chocolate Gravy & Biscuits Fruit Juice, Milk	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk 25 Pop-Tarts Fruit	26 Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and Grahams Fruit Juice, Milk Toasted Cheese
Juice, Milk CornDog Steamed Broccoli Salad Bar Frut Apple Crisp Milk	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans Salad Bar Fruit Milk 24 Chocolate Gravy & Biscuits Fruit	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk 25 Pop-Tarts Fruit Juice, Milk	26 Biscuits and Gravy Sausage and Fruit	Cereal and Grahams Fruit Juice, Milk
Juice, Milk CornDog Steamed Broccoli Salad Bar Frut Apple Crisp Milk	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans Salad Bar Fruit Milk 24 Chocolate Gravy & Biscuits Fruit Juice, Milk	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk 25 Pop-Tarts Fruit Juice, Milk	26 Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and Grahams Fruit Juice, Milk Toasted Cheese
Juice, Milk CornDog Steamed Broccoli Salad Bar Frut Apple Crisp Milk	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans Salad Bar Fruit Milk 24 Chocolate Gravy & Biscuits Fruit Juice, Milk Hamburger	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk 25 Pop-Tarts Fruit Juice, Milk Breakfast for Lunch	26 Biscuits and Gravy Sausage and Fruit Juice, Milk Chicken Quesadilla	Cereal and Grahams Fruit Juice, Milk Toasted Cheese Sandwich
Juice, Milk CornDog Steamed Broccoli Salad Bar Frut Apple Crisp Milk	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans Salad Bar Fruit Milk 24 Chocolate Gravy & Biscuits Fruit Juice, Milk Hamburger Tator Tots Salad Bar	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk 25 Pop-Tarts Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Links Tri Tator	26 Biscuits and Gravy Sausage and Fruit Juice, Milk Chicken Quesadilla Refried Beans	Cereal and Grahams Fruit Juice, Milk Toasted Cheese Sandwich French Fries
Juice, Milk CornDog Steamed Broccoli Salad Bar Frut Apple Crisp Milk	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans Salad Bar Fruit Milk 24 Chocolate Gravy & Biscuits Fruit Juice, Milk Hamburger Tator Tots Salad Bar Rosy Pears	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk 25 Pop-Tarts Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Links Tri Tator WG Toast	26 Biscuits and Gravy Sausage and Fruit Juice, Milk Chicken Quesadilla Refried Beans Salad Bar Fruit	Cereal and Grahams Fruit Juice, Milk Toasted Cheese Sandwich French Fries Salad Bar Strawberries & Cake
Juice, Milk CornDog Steamed Broccoli Salad Bar Frut Apple Crisp Milk	Juice, Milk Macaroni and Cheese Sausage Roll Green Beans Salad Bar Fruit Milk 24 Chocolate Gravy & Biscuits Fruit Juice, Milk Hamburger Tator Tots Salad Bar	Juice, Milk Chicken Nuggets Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk 25 Pop-Tarts Fruit Juice, Milk Breakfast for Lunch Scrambled Eggs and Sausage Links Tri Tator	26 Biscuits and Gravy Sausage and Fruit Juice, Milk Chicken Quesadilla Refried Beans Salad Bar	Cereal and Grahams Fruit Juice, Milk Toasted Cheese Sandwich French Fries Salad Bar

This institution is an equal opportunity provider.