

SALLISAW PUBLIC SCHOOLS

Liberty Elementary School

Breakfast and Lunch Menu

October 2022



Available to Kindergarten, First, Second and Transition: Turkey & Cheese or Ham & Cheese Sandwich, Fruit, Veggie, Chips and Milk

No Sack Lunches Available

Breakfast and Lunch Served with variety milk choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>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.</p>		
3	4	5	6	7
Chocolate Gravy Fruit Juice, Milk	Yogurt and Grahams Fruit Juice, Milk	Pop-Tarts Fruit Juice, Milk	Cereal and Toast Fruit Juice, Milk	
Chicken Sandwich	Macaroni and Cheese	Chicken and Waffles	Beef Taco	
French Fries Salad Bar Fruit Cookie Milk	Sausage Rolls Green Beans Salad Bar Fruit Milk	Syrup Potato Smiles Salad Bar Fruit Milk	Refried Beans Chips and Salsa Salad Bar Fruit Milk	
10	11	12	13	14
Sausage and Egg Biscuit Fruit Juice, Milk	Oatmeal and Toast Fruit Juice, Milk	Pancakes Fruit Juice, Milk	PROFESSIONAL DAY	
Corn Dog	Chicken and Noodles	Chicken Fried Steak Fingers		
Steamed Broccoli Salad Bar Apple Crisp Milk	GoGurt Green Peas CornBread Salad Bar Milk	Mashed Potatoes & Gravy Sliced Bread & Butter Salad Bar Fruit Milk		
17	18	19	20	21
	Cinnamon Toast Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and WG Toast Fruit Juice, Milk
	Hamburger	Breakfast for Lunch	Frito Chili Pie	Cheese Pizza
	Baked Beans Salad Bar Fruit Milk	Scrambled Eggs and Sausage Hashbrown Wheat Toast Fruit Juice, Milk	Corn on the Cob Salad Bar Fruit Sherbert Milk	Baby Carrots Salad Bar Fruit Pudding Milk
24	25	26	27	28
Breakfast Pizza Fruit Juice, Milk	Donut Fruit Juice, Milk	Waffles Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and WG Toast Fruit Juice, Milk
Ham and Cheese Croissant	Pizza Spaghetti	Chicken Nuggets	BBQ Sandwich	Fish Sticks
Tater Tots Salad Bar Fruit Sugar Cookie Milk	Green Beans Salad Bar Rosy Pears Milk	Mashed Potatoes Hot Roll Salad Bar Fruit Strawberry Milk	Baked Beans Pickle Spears Salad Bar Cherry Applesauce Milk	French Fries Salad Bar Strawberries & Ice Cream Milk

*****RED RIBBON WEEK*****

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

This institution is an equal opportunity provider.