



# SALLISAW PUBLIC SCHOOLS

## Eastside Elementary School

### Breakfast and Lunch Menu

October 2023



Alternate Cereal Choice Available for Breakfast

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 2023-2024 school year.</p>		
2	3	4	5	6
<b>Ham and Cheese Biscuit</b> Fruit Juice, Milk	<b>French Toast Sticks</b> Fruit Juice, Milk	<b>Oatmeal and Cinnamon Toast</b> Fruit Juice, Milk	<b>HoneyBun</b> Fruit Juice, Milk	<b>Biscuits and Gravy</b> Fruit Juice, Milk
<b>Mr. Ribb Sandwich</b>  Baked Beans Pickle Spears Fresh Fruit and Vegetable Bar Cookie Milk	<b>Crispito w/ Cheese Sauce</b>  Spanish Rice Salsa and Chips Fresh Fruit and Vegetable Bar Milk	<b>Oven Roasted Chicken</b>  Mashed Potatoes & Gravy Black Eyed Peas WG Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Pizza Pasta Bake</b>  Broccoli Salad Breadstick Fresh Fruit and Vegetable Bar Milk	<b>Cheesy Breadsticks</b>  Marinara Sauce Cesar Salad Fresh Fruit and Vegetable Bar Oreo Pudding Milk
CornDog/Veggie	Same	Chicken Nuggets/ Veggie	Same	PBJ/Cheese Stick/Veggie
9	10	11	12	13
<b>Sausage &amp; Cheese Biscuit</b> Fruit Juice, Milk	<b>Pancake on a Stick</b> Fruit Juice, Milk	<b>Breakfast Pizza</b> Fruit Juice, Milk	<b>Biscuits and Gravy</b> Fruit Juice, Milk	NO SCHOOL
<b>Breaded Chicken Sandwich</b>  Strawberry Spinach Salad Lettuce, Tomato and Pickles Fresh Fruit and Vegetable Bar Cookie Milk	<b>Chicken Enchilada Soup</b>  Black Bean Salsa Tortilla Chips Fresh Fruit and Vegetable Bar Milk	<b>Chicken and Waffles</b>  Strawberry Cup Potato Smiles Fresh Fruit and Vegetable Bar Milk	<b>Pepperoni Pizza</b>  Seasoned Sweet Corn Fresh Fruit Cup Salad Bar Milk	
CornDog/Veggie	Same	Chicken Nuggets/ Veggie	Same	
16	17	18	19	20
<b>Bacon , Egg &amp; Cheese Biscuit</b> Fruit Juice, Milk	<b>Peach Parfait</b> Grahams Juice, Milk	<b>Breakfast Burrito</b> Fruit Juice, Milk	PROFESSIONAL DAY	
<b>Cheeseburger</b>  French Fries Lettuce, Tomato and Pickle Fresh Fruit and Vegetable Bar Cookie Milk	<b>Indian Taco</b>  Pinto Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	<b>Meatloaf</b>  Mashed Potatoes & Gravy Green beans WG Hot Roll Fresh Fruit and Vegetable Bar Milk		
CornDog/Veggie	Same	Chicken Nuggets/Veggie		
23	24	25	26	27
	<b>Donut</b> Fruit Juice, Milk	<b>Sausage Biscuit</b> Fruit Juice, Milk	<b>Strawberry Banana Smoothie and WG Toast</b> Fruit Juice, Milk	<b>Biscuits and Gravy</b> Fruit Juice, Milk
	<b>Burrito</b>  Refried Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	<b>Mr. Ribb Patty</b>  Mashed Potatoes & Gravy Peas and Carrots WG Hot Roll Fresh Fruit and Vegetable Bar Strawberry Milk	<b>Chicken Pot Pie</b>  WG Biscuit Green Beans Fresh Fruit and Vegetable Bar Milk	<b>Pizza</b>  Broccoli w/ Ranch Fruit Salad Fresh Fruit and Vegetable Bar Milk
	Same	Chicken Nuggets/Veggie	Same	PBJ/Cheese Stick/Veggie

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

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

This institution is an equal opportunity provider.