



**SALLISAW PUBLIC SCHOOLS**  
**Eastside Elementary School**  
 Breakfast and Lunch Menu  
 September 2023



Alternate Cereal Choice available for Breakfast Daily

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>		
4	5	6	7	8
<b>NO SCHOOL</b>	French Toast Sticks Fruit Juice, Milk	Muffin and Yogurt Fruit Juice, Milk	Cheese Omelet and WG Toast Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
	<b>Chicken Fajitas</b>  Fajita Veggies Spanish Rice Salsa and Chips Fresh Fruit and Vegetable Bar Milk	<b>Salisbury Steak</b>  Mashed Potatoes & Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Hot Dog</b>  Pork n Beans Potato Chips Fresh Fruit and Vegetable Bar Milk	<b>Chef Salad</b>  Ham, Cheese & Boiled Egg Crackers Fresh Fruit SideKick Milk
	SAME	Chicken Nuggets/Veggie	SAME	PBJ/Cheese Stick/Veggie
11	12	13	14	15
Sausage Biscuit Fruit Juice, Milk	Yogurt and Grahams Fruit Juice, Milk	Breakfast Pizza Fruit Juice, Milk	Waffles Fruit Juice, Milk	<b>PROFESSIONAL DAY</b>
<b>CornDog</b>  Broccoli and Cheese Fresh Fruit and Vegetable Bar Cookie Milk	<b>Chicken and Cheese Quesadilla</b>  Refried Beans Salsa and Chips Fresh Fruit and Vegetable Bar Milk	<b>Meatballs and Gravy</b>  Mashed Potatoes WG Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Frito Chili Pie</b>  Shredded Cheese Fresh Fruit and Vegetable Bar Corn on the Cob Fresh Fruit and Vegetable Bar Milk	
Hamburger/Veggie	SAME	Chicken Nuggets/Veggie	SAME	
18	19	20	21	22
Ham, Egg & Cheese Muffin Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Oatmeal and WG Toast Fruit Juice, Milk	Funnel Cake Strawberries Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Toasted Ham and Cheese Sandwich</b>  Glazed Carrots Fresh Fruit and Vegetable Bar Cookie Milk	<b>Eastside Special</b>  Chicken, Rice & Cheese Salsa and Chips Fresh Fruit and Vegetable Bar Milk	<b>Popcorn Chicken</b>  Mashed Potatoes & Gravy WG Hot Roll Fresh Fruit and Vegetable Bar Milk	<b>Macaroni and Cheese</b>  Little Smokies Green Beans Pretzel Fresh Fruit and Vegetable Bar Milk	<b>California Chicken Flatbread</b>  Pasta Salad Fresh Fruit and Vegetable Bar Jello Milk
Hamburger/Veggie	SAME	Chicken Nuggets/Veggie	SAME	Pizza/Veggie
25	26	27	28	29
Sausage and Biscuit Fruit Juice, Milk	Pancakes and Sausage Fruit Juice, Milk	Breakfast Boat Fruit Juice, Milk	Donut Fruit Juice, Milk	Biscuits and Gravy Fruit Juice, Milk
<b>Pulled Pork Sandwich</b>  Baked Beans Fresh Fruit and Vegetable Bar Cookie Milk	<b>Chicken Tortilla Soup</b>  Spanish Rice Chips and Salsa Fresh Fruit and Vegetable Bar Milk	<b>Chicken and Waffles</b>  Strawberries Potato Smiles Fresh Fruit and Vegetable Bar Milk	<b>Breakfast for Lunch</b>  Scrambled Eggs & Sausage Patty Hashbrown WG Toast Fresh Fruit Milk and Juice	<b>Turkey and Cheese Sub Sandwich</b>  Fresh Broccoli w/ Ranch Dip Fresh Fruit and Vegetable Bar Banana Pudding Milk
Hamburger/Veggie	SAME	Chicken Nuggets/Veggie	SAME	PBJ/Cheese Stick/Veggie

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

This institution is an equal opportunity provider.