

# 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

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
Breakfast Pizza Fruit Juice, Milk	Yogurt and Grahams Fruit Juice, Milk	French Toast Sticks Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and WG Toast Fruit Juice, Milk
<b>Chicken Sandwich</b>  Pork n Beans Salad Bar Fruit Cookie Milk	<b>Beef Soft Taco</b>  Seasoned Corn Salad Bar Fruit Milk <i>National Soft Taco Day</i>	<b>Chicken Fried Steak Fingers</b>  Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk	<b>Pizza Sub</b>  Potato Wedges Salad Bar Fruit Ice Cream Milk	<b>Chicken Noodle Soup</b>  Cheese Stick Crackers Salad Bar and Fruit Milk <i>National Noodle Day</i>
9	10	11	12	13
Sausage Biscuit Fruit Juice, Milk	Cinnamon Toast Fruit Juice, Milk	Pancake on a Stick Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	
<b>Pepperoni Pizza</b>  Steamed Carrots Salad Bar Fruit Pudding and Milk <i>National Pizza Day</i>	<b>Chicken Taco</b>  Spanish Rice Salad Bar Fruit Milk	<b>Chicken Alfredo</b>  Sweet Peas Garlic Breadstick Salad Bar Fruit Milk	<b>Chili Dog</b>  Baked Beans Corn Chips Salad Bar Fruit Milk	
16	17	18	19	20
Breakfast Pizza Fruit Juice, Milk	Donut Fruit Juice, Milk	Waffles Fruit Juice, Milk	PROFESSIONAL DAY	
<b>CornDog</b>  Steamed Broccoli Salad Bar Fruit Apple Crisp Milk	<b>Macaroni and Cheese</b>  Sausage Roll Green Beans Salad Bar Fruit Milk	<b>Chicken Nuggets</b>  Mashed Potatoes WG Hot Roll Salad Bar Fruit Milk		
23	24	25	26	27
	Chocolate Gravy & Biscuits Fruit Juice, Milk	Pop-Tarts Fruit Juice, Milk	Biscuits and Gravy Sausage and Fruit Juice, Milk	Cereal and Grahams Fruit Juice, Milk
	<b>Hamburger</b>  Tator Tots Salad Bar Rosy Pears Milk	<b>Breakfast for Lunch</b>  Scrambled Eggs and Sausage Links Tri Tator WG Toast Fruit Strawberry Milk	<b>Chicken Quesadilla</b>  Refried Beans Salad Bar Fruit Strawberry SideKick Milk	<b>Toasted Cheese Sandwich</b>  French Fries Salad Bar Strawberries & Cake Milk

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

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

This institution is an equal opportunity provider.