



**South Umpqua  
Elementary Menu  
October 2024**

<p style="text-align: center;"><b>Everyday Breakfast Choices</b></p> <p>Warm Bagel w/Cream Cheese, Oatmeal, Cold Cereal, Fruit and 1% White Milk or Skim White Milk (Graham Cracker or string cheese offered daily with cereal)  <b>Students must choose 3 of 4 Breakfast Items</b>  <b>1 MUST BE FRUIT, A Minimum of a ½ cup</b></p>	<p style="text-align: center;"><b>Everyday Lunch Choices</b>  <b>Subs, Sandwiches &amp; Wraps</b></p> <p>*Mon: Ham &amp; Cheese Sandwich *Tues: <i>American Sub</i>          *Wed: Club Sub *Thurs: Crispy Chicken Wrap          *Fri: Egg Salad Sandwich</p> <p style="text-align: center;"><b>*Everyday: PB&amp;J Sandwich</b></p>
<p style="text-align: center;"><b>Everyday Options:</b></p> <p><b>Monday: Cheeseburger or Veggie Burger (v) on WG Bun</b>  <b>Tuesday: Chicken Nuggets w/WW Roll</b>  <b>Wednesday: Oven Baked Corn Dog</b>  <b>Thursday: Oven Baked Chicken Burger</b>  <b>Friday: Scratch Made Pepperoni or Cheese Pizza</b></p>	<p style="text-align: center;"><b>Salads:</b></p> <p>*Mon: Chef Salad w/WG Roll          *Tues: Hearty Garden Salad w/WG Roll          *Wed: Taco Salad w/Tortilla Chips          *Thurs: Crispy Chicken Salad w/WG Roll          *Fri: Cob Salad</p>

**Breakfast and lunch are available at No Charge to Students**

Daily Offering Bar Features: fresh & canned fruits & vegetables daily and 1% white milk or fat free chocolate milk. All grains offered are whole grain.

	1 <b>Breakfast:</b> Cheese Omelet w/WG Toast <b>Lunch:</b> Big City Bites- Teriyaki Chicken Brown Rice Bowl w/Broccoli	2 <b>Breakfast:</b> Sausage, Egg, & Cheese Breakfast Sandwich <b>Lunch:</b> Rainbow Chili w/Tortilla Chips	3 <b>Breakfast:</b> Protein power Up Box <b>Lunch:</b> Cheesy Breadsticks w/Marinara	4 <b>Breakfast:</b> Fruit & Yogurt Parfait w/Granola <b>Lunch:</b> Fish Sticks W/Fries
7	8 <b>Breakfast:</b> French Toast Sticks <b>Lunch:</b> Nacho Fries w/Tortilla Chips	9 <b>Breakfast:</b> Warm Muffin <b>Lunch:</b> Glazed Chicken Drumstick w/ Mashed Potatoes & Gravy w/WG Roll	10 <b>Breakfast:</b> Breakfast Bowl <b>Lunch:</b> Chicken Potato Bowl w/WG Roll	11 <b>NO SCHOOL</b>
14	15 <b>Breakfast:</b> Biscuits & Gravy <b>Lunch:</b> Lasagna Rollup w/ Garlic Knot	16 <b>Breakfast:</b> Pancake bites & Scrambled eggs <b>Lunch:</b> Chicken Pot Pie	17 <b>Breakfast:</b> Apple Frudel <b>Lunch:</b> BBQ Chicken Sandwich w/Tater Tots	18 <b>Breakfast:</b> Cheesy Scrambled eggs & WG Toast <b>Lunch:</b> Homestyle Baked Penne Pasta w/WG Roll
21	22 <b>Breakfast:</b> Muffin Top Banana <b>Lunch:</b> Oven Roasted Hot Dog	23 <b>Breakfast:</b> Tony's Sausage Breakfast Pizza <b>Lunch:</b> Cheesy Breadsticks w/Marinara	24 <b>Breakfast:</b> Cinnamon Pancake Bites (v) <b>Lunch:</b> Rib-b-que Sandwich w/Baked Beans	25 <b>Breakfast:</b> Baked Oatmeal <b>Lunch:</b> Orange Chicken Over Brown Rice
28	29 <b>Breakfast:</b> Ham and Cheese Frittata w/WG Toast <b>Lunch:</b> Creamy Macaroni & Cheese (v)	30 <b>Breakfast:</b> Waffle w/Berry Compote <b>Lunch:</b> Saucy Meatball Sub	31 <b>Breakfast:</b> Sausage, Egg, & Cheese Breakfast Sandwich <b>Lunch:</b> Big City Bites- Philly Cheese Sub W/ Oven Baked French Fries	31 <b>Breakfast:</b> Crunch Wrap <b>Lunch:</b> Sweet & Sour Chicken Over Rice
			<b>Lunch: Students must choose 3 of the 5 components &amp; 1 Must be a ½ cup of Fruit or Vegetable (v)=Vegetarian</b>	

**This institution is an equal opportunity provider.**



Menu subject to change

