

South Umpqua
Elementary
January 2025

<p>Everyday Breakfast Choices</p> <p>Chocolate Chip Breakfast Round, Oatmeal, Cold Cereal Fruit, and 1% White Milk or Skim White Milk (toast or string cheese is offered daily with cereal)</p> <p>Students must choose 3 of 4 Breakfast Items 1 MUST BE FRUIT, A Minimum of ½ cup</p>	<p>Everyday Lunch Choices Subs & Sandwiches</p> <p>*Mon: Egg Salad Sandwich *Tues: <i>American Sub</i> *Wed: Italian Sub *Thurs: Ham & Cheese Sandwich *Fri: Tuna Salad Sandwich</p> <p>*Everyday: PB&J Sandwich</p>
<p>Everyday Options:</p> <p>Monday: Cheeseburger or Burger w/ French fries Tuesday: Chicken Nuggets & Tater Tots w/WG Roll Wednesday: Cheesy Breadsticks w/Marinara Thursday: Oven Baked Chicken Burger w/Tater Tots Friday: Cheese (v) or Pepperoni Pizza</p>	<p>Daily Offering Bar Features</p> <p>Salads, fresh & canned fruits & vegetables daily 1% white or fat-free chocolate milk. All grains offered are whole grain.</p> <p>Lunch: Students must choose 3 of the five components & 1 Must be a ½ cup of Fruit or Vegetable</p> <p>(v)=Vegetarian</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.

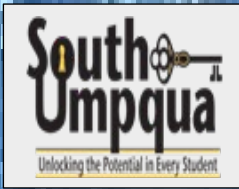
No School	<p>Breakfast: Sausage Breakfast Pizza Lunch: Taco Tuesday Turkey Taco Meat & Cheese Taco w/Salsa</p>	<p>Breakfast: Warm Bagel w/ Cream Cheese Lunch: Sweet & Sour Chicken Rice Bowl.</p>	<p>Breakfast: Fruited Lunch: Popcorn Chicken Bowl w/WG Roll</p>	<p>Breakfast: French Toast Sticks Lunch: BBQ Pork Riblet Sandwich w/Tater Tots</p>
<p>Breakfast: Mini Pull-Apart Cinnamon Rolls Lunch: Bean & Cheese Burrito w/Salsa (v)</p>	<p>Breakfast: Sausage Pancake on a Stick Lunch: Grilled Cheese Sandwich w/Tomato Soup (v)</p>	<p>Breakfast: Sausage & Cheese Muffin Lunch: Rainbow Chili w/ Chips (v)</p>	<p>Breakfast: Strawberry Parfait w/Granola Lunch: Saucy Meatball Sub Sandwich w/Tater Tots</p>	<p>Breakfast: Homemade Fruit Muffin Squares (v) Lunch: Oven Baked Corn Dog w/Tater Tots</p>
	<p>Breakfast: Biscuit w/Sausage Gravy Lunch: Taco Tuesday Chicken & Cheese Taco w/Salsa</p>	<p>Breakfast: Warm Bagel w/Cream Cheese Lunch: Hot Dog w/Fries</p>	<p>Breakfast: Cheesy Omelet w/ WG Toast Lunch: Spaghetti w/Meaty Marinara</p>	No School
<p>Breakfast: Waffles W/Syrup Lunch: Teriyaki Chicken Brown Rice Bowl</p>	<p>Breakfast: Protein BeneFIT Bar Lunch: Oven Baked Corn Dog w/Tater Tots</p>	<p>Breakfast: Sausage & Cheese Muffin Lunch: Pork Enchilada w/Salsa</p>	<p>Breakfast: Homemade Fruit Muffin Squares (v) Lunch: Creamy Chicken Alfredo w/ Garlic Knot Breadstick</p>	<p>Breakfast: Warm Bagel w/Cream Cheese Lunch: Fish & Chips w/ WG Roll</p>
			<p>Lunch: Students must choose 3 of the 5 components & 1 Must be a ½ cup of Fruit or Vegetable (v)=Vegetarian</p>	

This institution is an equal opportunity provider.



Menu subject to change





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