

# South Umpqua Middle School Menu September 2025

## Everyday Breakfast Choices

Chocolate Chip Breakfast Rounds, Cold Cereal, Fruit and 1% White Milk or Non-Fat Chocolate Milk offered daily  
**(Cinnamon Toast offered daily with cereal)**  
**Students must choose 3 of 4 Breakfast Items**  
**1 MUST BE FRUIT, A Minimum of a ½ cup**



## Everyday Selects

*Cheeseburger, Hamburger or Veggie Burger*  
*Chicken Burger, Spicy Chicken Burger or Veggie Burger*  
*Bacon Cheeseburger Every Thursdays*  
*All Burgers served with French Fries or Tater Tots*

## Everyday Lunch Choices

### Subs, Sandwiches & Wraps

\*Mon: Turkey & Cheese Sandwich \*Tues: *American Sub*  
 \*Wed: Italian Sub \*Thurs: PB & J \*Fri: Tuna Fish Sub

## Salads:

\*Mon: Hearty Garden Salad w/WG Roll  
 \*Tues: Chef Salad w/WG Roll  
 \*Wed: Taco Salad w/Tortilla Chips  
 \*Thurs: Crispy Chicken Salad w/WG Roll  
 \*Fri: EZ Pizza Bento Boxes





Pizza Every day: Cheese (v) & Pepperoni

\*Mon: BBQ Chicken \*Tues: Meat Lovers \*Wed: Sausage Pizza \*Thurs: Chicken Bacon Ranch \* Fri: Taco Pizza



**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.

	<b>Breakfast:</b> Yogurt Graham Cracker <b>Lunch:</b> Chicken & Waffles w/Syrup	<b>Breakfast:</b> Warm Blueberry Bagel w/Cream Cheese <b>Lunch:</b> Roasted Ball Park Dog w/Potato Wedges	<b>Breakfast:</b> Sausage & Cheese Biscuit <b>Lunch:</b> Spaghetti with Meat Sauce	<b>Breakfast:</b> Fresh Baked Cinnamon Rolls w/Icing <b>Lunch:</b> BBQ Pulled Pork Sandwich w/Tots
<b>Breakfast:</b> Pancake Sausage on a Stick <b>Lunch:</b> Teriyaki Chicken over Brown Rice	<b>Breakfast:</b> BeneFit Bar (v) <b>Lunch:</b> Chicken Nugget, Spiral Fries & WW Roll	<b>Breakfast:</b> Egg & Cheese <b>Lunch:</b> Bean & Cheese Nachos w/Salsa & Sour Cream	<b>Breakfast:</b> Yogurt with Graham Cracker <b>Lunch:</b> BBQ Chicken Sandwich	<b>Breakfast:</b> Biscuit w/Sausage Gravy <b>Lunch:</b> Homestyle Baked Penne Pasta (v)
<b>Breakfast:</b> Cinnamon Pancake bites <b>Lunch:</b> Chicken Burrito Rice Bowl	<b>Breakfast:</b> Fruit & Yogurt Parfait <b>Lunch:</b> WG Pretzel w/Cheese Sauce	<b>Breakfast:</b> Ham & Cheese Muffin <b>Lunch:</b> Creamy Macaroni & Cheese	<b>Breakfast:</b> French Toast Sticks w/Syrup <b>Lunch:</b> Turkey Taco Meat & Cheese Nachos w/Salsa & Sour Cream	<b>Breakfast:</b> Warm Bagel w/Cream Cheese <b>Lunch:</b> Scratch Made Sloppy Joes w/Tater Tots
<b>Breakfast:</b> Waffle w/Berry Compote <b>Lunch:</b> Saucy BBQ Meatball Sub w/Fries	<b>Breakfast:</b> Sausage Breakfast Pizza <b>Lunch:</b> Chili Dog w/Spiral Fries	<b>Breakfast:</b> Sausage & Cheese Biscuit <b>Lunch:</b> Orange Chicken & Brown Rice Bowl	<b>Breakfast:</b> Sausage Pancake on a stick <b>Lunch:</b> Chicken Nugget, Spiral Fries & WW Roll	<b>Breakfast:</b> Fresh Baked Fruit Muffin Squares <b>Lunch:</b> Taco Joe Burger
<b>Breakfast:</b> Yogurt with Graham Cracker <b>Lunch:</b> Bean & Cheese Enchilada (v)	<b>Breakfast:</b> Sausage Breakfast Pizza <b>Lunch:</b> Grilled Cheese Toasters w/Tomato Soup (v)	<b>Lunch: Students must choose 3 of the 5 components &amp; 1 Must be a ½ cup of Fruit or Vegetable</b>		

This institution is an equal opportunity provider.



Menu subject to change

