



**South Umpqua
Elementary
February 2025**

<p style="text-align: center;">Everyday Breakfast Choices</p> <p>Bagel w/Cream Cheese, Oatmeal, Cold Cereal Fruit, and 1% White Milk or Skim White Milk (toast or string cheese is offered daily with cereal) Students must choose 3 of 4 Breakfast Items 1 MUST BE FRUIT, A Minimum of ½ cup</p>	<p style="text-align: center;">Everyday Lunch Choices Subs & Sandwiches</p> <p>*Mon: Ham & Cheese Sandwich *Tues: American Sub *Wed: Turkey & Cheese Flatbread *Thurs: Italian Sub *Fri: Egg Salad Sandwich *Everyday: PB&J Sandwich</p>
<p style="text-align: center;">Everyday Options:</p> <p>Monday: Cheeseburger or Burger Tuesday: Chicken Nuggets w/ WG Roll Wednesday: Bean & Cheese Burrito Thursday: Oven Baked Chicken Burger Friday: Cheese (v) or Pepperoni Pizza</p>	<p style="text-align: center;">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 (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.

3	4	5	6	7
Breakfast: Pancake Bites w/ Cinnamon & Sugar (v) Lunch: Corn Dog w/ Fries	Breakfast: Strawberry Yogurt Cup w/ Graham Crackers (v) Lunch: Beef & Cheese Nachos Offered w/ Salsa	Breakfast: Apple Cinnamon Muffin (v) Lunch: Crispy Orange Chicken Over Rice	Breakfast: Apple Frudel Lunch: Italian Pizza Macaroni w/ WG Roll	Breakfast: French Toast Bites (v) Lunch: Cheesy Breadsticks w/Marinara
10	11	12	13	14
Breakfast: Waffles w/ Fruit Compote Lunch: Saucy Meatball Sub Sandwich w/Tater Tots	Breakfast: Sausage Breakfast Pizza Lunch: Taco Tuesday Southwest Soft Taco Offered w/ Lettuce & Tomato	Breakfast: Blueberry Muffin (v) Lunch: Hot Dog w/ Fries	Breakfast: Breakfast Cookies Lunch: Cheesy Broccoli Baked Potato w/ WG Roll	Breakfast: Sausage & Cheese Muffin Sandwich Lunch: Macaroni Cheese w/ WG Roll (v)
17	18	19	20	21
No School	Breakfast: Buttery Maple Waffle w/ Syrup Lunch: Creamy Chicken Alfredo Over WG Penne Pasta	Breakfast: Cheesy Omelet w/ WG Toast Lunch: Big City Bites- Teriyaki Chicken Brown Rice Bowl w/Broccoli	Breakfast: Strawberry Parfait w/Granola Lunch: Pulled Pork Sandwich w/ Fries	Breakfast: Donut Lunch: Fish & Chips w/ WG Roll
24	25	26	27	28
Breakfast: Mini Pull-Apart Cinnamon Rolls Lunch: Korean BBQ Meatballs Over Rice	Breakfast: Biscuit w/Sausage Gravy Lunch: Bean & Cheese Nachos Offered w/ Salsa	Breakfast: Sausage & Cheese Muffin Sandwich Lunch: Cheesy Breadsticks w/Marinara	Breakfast: Cherry Frudel Lunch: Spaghetti w/ Meat Sauce w/ WG Roll	Breakfast: Cinnamon Toast Crunch Breakfast Bar Lunch: BBQ Glazed Chicken Drumstick w/ Tater Tots
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This institution is an equal opportunity provider.



Menu subject to change





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