



**South Umpqua
Elementary
March 2025**

<p style="text-align: center;">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 offered daily with cereal) Students must choose 3 of 4 Breakfast Items 1 MUST BE FRUIT, A Minimum of a ½ cup</p>	<p style="text-align: center;">Everyday Lunch Choices Subs, Sandwiches & Wraps</p> <p>*Mon: Ham & Cheese Sub *Tues: <i>American Sub</i> *Wed: Italian Sub *Thurs: Turkey & Cheese Sub *Fri: Tuna Sandwich</p> <p style="text-align: center;">*Everyday: PB&J Sandwich</p>
<p style="text-align: center;">Everyday Options:</p> <p>Monday: Cheeseburger or Veggie Burger Tuesday: Chicken Nuggets & Tater Tots w/WW Roll Wednesday: Cheesy Breadsticks w/Marinara 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 Sausage on a Stick Lunch: Teriyaki Chicken over Brown Rice	Breakfast: BeneFit Bar (v) Lunch: Rainbow Chili w/Tortilla Chips (v)	Breakfast: Ham & Cheese Muffin Lunch: Turkey Taco Meat and Cheese Nachos	Breakfast: Biscuit w/Sausage Gravy Lunch: Homestyle Baked Penne Pasta (v)	Breakfast: Fresh Baked Apple Cinnamon Muffin Squares Lunch: Fish & Chips w/WW Roll w/House Tartar Sauce
10	11	12	13	14
Breakfast: Cinnamon Pancake Bite (v) Lunch: Rib-b-que Sandwich w/Oven Baked Fries	Breakfast: French Toast Sticks (v) Lunch: Oven Baked Corndog w/Tater Tots	Breakfast: Sausage & Cheese Biscuit Lunch: Creamy Macaroni & Cheese (v)	Breakfast: Yogurt w/Graham Crackers Lunch: Chili Dog	Breakfast: Biscuit w/Sausage Gravy Lunch: Orange Chicken over Brown Rice
17	18	19	20	21
Breakfast: Waffle w/Berrie Compote(v) Lunch: Saucy Meatball Sub w/Oven Baked Fries Salad Bar Special: Tomato & Cucumber Salad	Breakfast: Sausage Breakfast Pizza Lunch: Fish & Chips w/WW Roll w/House Tartar Sauce	Breakfast: Ham & Cheese Muffin Lunch: Sweet & Sour Chicken over Brown Rice	Breakfast: Cinnamon & Peach Baked Oats Lunch: Hot Ham and Cheese Sliders w/Tomato Soup (v)	Breakfast: Biscuit w/Sausage Gravy Lunch: Scratch Made Sloppy Joes w/Tater Tots
24	25	26	27	28
No School Spring Break			No School Spring Break	No School Spring Break
31			Lunch: Students must choose 3 of the 5 components & 1 Must be a ½ cup of Fruit or Vegetable	(v)=Vegetarian

This institution is an equal opportunity provider.



Menu subject to change





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