

# Upland Unified School District



## breakfast daily

Whole Grain Breakfast Bread Variety  
Bagel & Cream Cheese  
Whole Grain Cereal Variety  
Whole Grain Breakfast Bars  
Yogurt (9 g of sugar)  
Mozzarella String Cheese



## breakfast specials

Three Cheese Turkey Sausage & Egg Burrito (Monday)  
Pancakes or Waffles & Turkey Sausage (Wednesday)  
Breakfast Square (Friday)



Local Farm-Fresh Seasonal Fruit & Veggies  
Local Driftwood Dairy California Milk  
1% White Milk or  
Non-Fat Chocolate Milk (Lunch Only)



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\*Menu subject to change

\*This institution is an equal opportunity provider and employer"

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

October



**1 Turkey Pepperoni Calzone**  
seasonal salad bar

**2 Chicken Sandwich**  
served on a brioche bun  
american salad bar

**3 Hot Dog**  
Juicy Jennie-O hot dog on a whole grain hot dog bun,  
american salad bar  
Rosati Ice Treat

**4 National Taco Day**  
**Build your own Taco**  
Whole grain hard shell ground poultry tacos & taco salad bar



*Pink Week Celebration - Pink Milk Served All Week*

**7 BBQ Chicken Sandwich**  
served on a whole grain brioche bun  
american salad bar

**8 Build Your Own Parfait Bar**  
vanilla yogurt, fresh berries, granola  
parfait salad bar

**9 Mac & Cheese**  
Land O'Lakes Cheese served with Dick & Jane crackers  
seasonal salad bar

**10 Yang's Orange Chicken**  
served over brown rice  
asian salad bar

**11 Hispanic Heritage Month Special Chicken Tamales**  
wrapped in whole grain corn masa  
fiesta salad bar



**14 Build Your Own Sandwich**  
whole grain croissant, turkey deli meat, colby jack cheese,  
sandwich salad bar

**15 Chicken Egg Roll**  
chicken, cabbage, celery, and carrots  
asian salad bar

**16 Chicken & Cheese Flautas**  
fiesta salad bar



**17 National Pasta Day**  
**Penne Pasta & Turkey Meat Sauce**  
Penne noodles and turkey meat sauce  
seasonal salad bar



**18 Mini Corn Dogs**  
whole grain mini chicken corn dogs  
american salad bar



*National School Lunch Week x Farm to School Week*

**21 Warm Chili & Corn Bowl**  
Vegetarian chili & deliciously sweet corn muffin  
seasonal salad bar

**22 Taco Tuesday**  
Whole grain hard shell ground poultry tacos & fiesta salad bar

**23 Chicken Sandwich**  
served on a brioche bun  
american salad bar

**24 Build Your Own Parfait Bar**  
vanilla yogurt, fresh berries, granola  
parfait salad bar

**25 Chicken Drumstick & Belgian Waffle**  
Juicy drumstick and delicious vanilla belgian waffle  
seasonal salad bar

**28 Pizza Bagels**  
turkey pepperoni pizza bagels  
american salad bar

**29 Build Your Own Fiesta Bowl**  
crunchy edible bowl, ground turkey, and pan dulce  
fiesta salad bar

**30 Meatball Sub**  
chicken meatballs and marinara sauce served on a whole grain hoagie  
seasonal salad bar

**HAPPY HALLOWEEN**  
**Bat Shaped Nuggets & Pumpkin Cookie**  
american salad bar



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served daily

Salad Bar is Offered Daily

Local Driftwood Dairy California Milk 1% White Milk or Non-Fat Chocolate Milk (Lunch Only)

