

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

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



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 & Veggie Egg Roll
chicken, cabbage, celery, and carrots
fortune cookie
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



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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Salad Bar is Offered Daily

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



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