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)

served daily

Salad Bar is Offered Daily

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Turkey Pepperoni Calzone

seasonal salad bar

Chicken Sandwich

served on a brioche bun american salad bar

Hot Dog Juicy Jennie-O hot dog on a whole grain hot dog bun. american salad bar

National Taco Day

Build your own Taco

Whole grain hard shell ground poultry tacos & taco salad bar



BBO Chicken Sandwich

served on a whole grain brioche bun american salad bar

Build Your Own Parfait Bar

vanilla yogurt, fresh berries, granola parfait salad bar

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

Chicken & Veggie Egg Roll

chicken, cabbage, celery, and carrots fortune cookie asian salad bar

16 **Chicken & Cheese Flautas**

fiesta salad bar

National Pasta Day

Penne Pasta & Turkey Meat Sauce

Penne noodles and turkey meat sauce seasonal salad bar

Mini Corn Dogs

whole grain mini chicken corn dogs american salad bar



National School Zunch 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

Chicken Sandwich

served on a brioche bun american salad bar

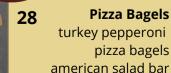
Build Your Own Parfait Bar

24

vanilla yogurt, fresh berries, granola parfait salad bar

25 Chicken Drumstick & Belgian Waffle

Juicy drumstick and delicious vanilla belgian waffle seasonal salad bar



Build Your Own Fiesta Bowl

crunchy edible bowl, ground turkey, and pan dulce fiesta salad bar

Meatball Sub

chicken meatballs and marinara sauce served on a whole grain hoagie seasonal salad bar

Bat Shaped Nuggets & Pumpkin Cookie american salad bar

*Menu subject to change *This institution is an equal opportunity provider and employer"



