



UPLAND JR. HIGH

MENU

BREAKFAST

MILK, FRUIT, AND
JUICE ARE
OFFERED AT
EVERY BREAKFAST

BAKED GOODS

ASSORTED BAGELS

*variety of bagels
served with cream cheese*

CRUMBTASTIC CREATION

*warm coffee cake with a layer of
sweet, buttery crumbs on top*

MINI CINNAMON ROLLS

warm, gooey set of sweet cinnamon rolls

ASSORTED BREAD

*choice of:
blueberry or banana served warm*

MUFFINS

*choice of: whole grain banana or blueberry
muffins served warm*

BEVERAGES

*1% White Milk & Non-Fat Milk Local (Driftwood
Dairy)*

Apple Juice

Orange Juice

FRUITS

*Apples
Nectarines
Oranges
and More!*

*Farm to School
Local, Organic Fruits
Old Grove Orange Farms
Redlands, CA*

HEALTHY & HEARTY

BREAKFAST BURRITO

*cage-free scrambled eggs, shredded cheese,
crispy potato, and lean, turkey bacon in a
whole wheat tortilla*

MINI PANCAKES

soft, warm stack of mini pancakes

WAFFLES

GRAB N' GO

ASSORTED CEREALS

variety of whole grain cereal

SMUCKERS UNCRUSTABLE

*crustless soft, wheat bread filled with your
choice of strawberry or grape jam*

BENEFIT BARS

*choice of:
banana chocolate chunk
oatmeal chocolate chip*

DAILY BREAKFAST SIDE

DAIRY DUO

*4 oz. low sugar yogurt & string cheese
Still hungry? Grab this duo in addition to your
favorite breakfast!*



*Menu subject to change

*Manager specials to be added

*This institution is an equal opportunity provider and employer



= VEGETARIAN



= MADE WITH WHOLE GRAIN



UPLAND JR. HIGH

MENU

LUNCH

EVERY LUNCH
COMES WITH A
MILK, FRUIT,
AND/OR
VEGETABLE

SPECIALS OF THE DAY

MONDAY

ORANGE CHICKEN & BROWN RICE

tangy, sweet, and sour chicken laid
on freshly made brown rice



WINGIN' MAC DELIGHT

tangy hot wings served with a comforting
scoop of macaroni and cheese

TUESDAY

BLAZIN' BUFFALO WRAP

spicy breaded chicken, crispy romaine lettuce,
tangy buffalo ranch, and shredded cheddar
cheese, in a whole wheat flour tortilla

WALKING TACO

freshly cooked ground turkey cooked in a house-
made taco seasoning inside a bag of doritos®
nacho cheese chips. served with a side of
shredded lettuce, sour cream, and pico de gallo



WEDNESDAY

CHICKEN CESAR SALAD

fresh crispy romaine lettuce with breaded chicken filet,
paired with Marzetti caesar dressing shredded carrots,
cucumbers, cherry tomatoes, and seasoned croutons

HOT PIZZA DELIVERY

choice of:
cheese or pepperoni



THURSDAY

CHICKEN TENDERS & FRIES

tender, flaky breaded chicken strips served with
curly fries and a side of bbq, ketchup, or ranch

PENNE & MEATBALLS

penne pasta and juicy beef meatballs
in a roasted garlic marinara sauce
topped with parmesan



FRIDAY

SALSA VERDE BURRITO

tender salsa verde chicken, warm pinto beans,
and cilantro lime rice in a whole grain tortilla

EAGLE BURGER

juicy made ground beef patty and local
american cheese inside a golden bun served
with the option of lettuce, tomato, and pickles



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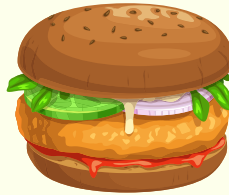
= MADE WITH WHOLE GRAIN

SERVED DAILY

CLUCKTASTIC CLASSICS

CRISPY CLUCKER'S SANDWICH

crunchy lean chicken breast golden buttery brioche bun along with the option of tomato, pickles, and lettuce fixings



KICKIN' CHICKEN SANDO



spicy, crunchy lean chicken breast golden buttery brioche bun along with the option of tomato, pickles, and lettuce fixings

GRAB N' GO

SEASONAL BERRY PARFAIT

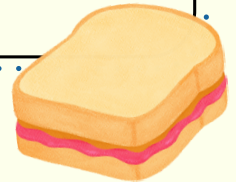
yoplait creamy vanilla yogurt® served with locally grown mixed berries paired with nature valley granola™



GRAB N' GO

SMUCKERS UNCRUSTABLE™

crustless soft, wheat bread filled with your choice of strawberry or grape jam



ALL MEALS INCLUDE

1 MILK + FRUIT AND/OR VEGETABLE

DRINKS

Non-fat Chocolate Milk	Lactose Free Milk
1% White Milk	Ice Cold Filtered Water
Non-Fat White Milk	Orange/Apple Juice

FRUITS & VEGGIES

Banana	Baby Carrots
Apples	Edamame
Oranges	and more based on season!



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Other Nutritious Daily Offerings at Breakfast & Lunch

1% White Milk & Non-Fat Milk Local (Driftwood Dairy)

Farm to School Organic Fruits: Oranges, Cantaloupe, Watermelon, Honeydew, Peach, & Nectarines
Local (Redlands, CA Old Grove Orange Farms)

Veggie Variety

Connect with Our Nutrition Services Team! @uusdfarmtoschool

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