

SERVED DAILY
7:30 AM - 8 AM

LOCATIONS:
FRESH EXPRESS NEXT TO CAFE
UHS FRONT ENTRANCE KIOSK
WEST ENTRANCE KIOSK

UPLAND HIGH SCHOOL

BREAKFAST MENU



LIGHT & TASTY



ASSTD. WHOLE GRAIN CEREAL

apple jacks honey nut cheerios
frosted flakes lucky charms
cinnamon chex
**all cereals served with string cheese*

FRESH SEASONAL BERRY PARFAIT

yoplait vanilla yogurt® served with organic,
California grown mixed berries paired with
crunchy granola™

ENERGY PACKED BENEFIT BARS

oatmeal chocolate chip
raisin cinnamon toast
banana apple cinnamon

HEALTHY & HEARTY



SMUCKERS UNCRUSTABLE™

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



POWER BREAKFAST BOWL

cage free scrambled eggs, crispy tater
tots, and lean turkey bacon

HOUSEMADE BREAKFAST BURRITO

cage free scrambled eggs with ham bits,
shredded cheese, crispy tater tots, and lean,
turkey bacon in a whole grain flour tortilla

BREAKFAST SANDWICH

turkey bacon, egg patty, and sliced cheddar
cheese in a whole wheat english muffin



ASSTD. WHOLE GRAIN BAGELS

option of blueberry or white wheat

BAKED GOODS



SWEET CINNAMON ROLL

sweet baked dough filled with a
cinnamon sugar filling

WARM CRUMBLE CAKE

soft cake with sweet crumb topping

ASSTD. MUFFINS

option of banana, blueberry, or
chocolate chip



BEVERAGES

Non-fat Chocolate Milk

1% White Milk

Non-Fat White Milk

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

Lactose Free Milk

Ice Cold Filtered Water

Orange/Apple Juice

FRUITS & VEGGIES

Banana

Apples

Oranges

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

Baby Carrots

Edamame

and more based on season!

*Menu subject to change

*This institution is an equal opportunity provider and employer



@UUSDFARMTOSCHOOL

VEGETARIAN VEGAN

LOCATIONS:
INSIDE CAFE
FRESH EXPRESS NEXT TO CAFE
1 OF 4 KIOSKS AROUND CAMPUS
PIZZA LINE

UPLAND HIGH SCHOOL

. LUNCH CYCLE MENU .



WEEK OF:

12/2/24-12/6/24

12/16/24-12/20/24

DAILY SPECIALS

MONDAY

QUESADILLA

melted combination of jack and cheddar cheese inside a whole wheat flour tortilla

BACON CHEESEBURGER

grass fed California ground beef patty with cheddar cheese and turkey bacon on a whole grain corn dusted knotted bun

TUESDAY

IMPOSSIBLE™ NUGGETS

made from plants impossible™ breaded chicken nuggets

ASADO CHICKEN BOWL

zesty and citrusy grilled chicken with black beans, jalapeno corn, and freshly made cilantro lime rice served with chile verde salsa

WEDNESDAY

IMPOSSIBLE™ BURGER

made from plants impossible™ burger patty inside a golden buttery brioche bun

NUGGETS

tender, flaky bite sized chicken

ALFREDO PASTA

juicy diced chicken and penne pasta smothered in a creamy alfredo sauce



THURSDAY

FIESTA CRUNCHWRAP

seasoned lentils, roasted bell peppers, and caramelized onion on a tostada wrapped in a warm toasted tortilla

Try it with a packet of taco sauce for the ultimate experience!

TERIYAKI CHICKEN BOWL

salty, sweet, and savory chicken laid on freshly made brown rice

FRIDAY

TOFU TERIYAKI BOWL

salty, sweet, and savory tofu, steamed broccoli, and freshly made brown rice

WINGIN' MAC DELIGHT

creamy mac 'n' cheese served with zesty hot wings



VEGETARIAN



VEGAN



FIESTA FUN

FIESTA NACHOS

served with warm, toasted nacho chips, with the choice of 2 scoops from below:

creamy mashed beans warm nacho cheese

100% organic, california ground beef cooked in a
house-made taco seasoning

TACO BOUT A GOOD BURRITO

freshly made with refried beans, cheese, and
rice inside a toasted whole grain tortilla from
the locally owned restaurant Taco Bout Good

CRUNCHY BEEF TAQUITOS

crispy corn tortillas filled with seasoned
ground beef and melted cheese served
with a side of guacamole

HANDHELD FAVORITES

CHEESEBURGER DELIGHT

grass fed California ground beef patty
paired with cheddar cheese on a whole
grain corn dusted knotted bun

SMUCKERS UNCRUSTABLE™

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

DOMINO'S PIZZA

Delivered hot!
choice of pepperoni or cheese

BLAZIN' BUFFALO WRAP

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

KICKN' CHICKEN SANDWICH

crispy, spicy lean chicken breast inside a
golden buttery brioche bun

TURKEY & SWISS

oven roasted turkey and swiss cheese on
Old Town Sourdough bread

ALL MEALS INCLUDE:

DRINKS

Non-fat Chocolate Milk Lactose Free Milk
1% White Milk Ice Cold Filtered Water
Non-Fat White Milk Orange/Apple Juice
1% White Milk & Non-Fat Milk Local (Driftwood Dairy)

1 Milk + Fruit and/or Vegetable

We are now serving 100% organic and grass-fed
beef sourced from an
Organic, Non-GMO Project Verified, Pasture
Raised Beef Company based in Northern CA



SALADS

SANTA FE SALAD

taco seasoned chicken, crispy romaine
lettuce, black beans, olives, corn,
shredded cheddar cheese, jalapeno
slices, and tortilla chips served with
chipotle ranch dressing

CHINESE CHICKEN SALAD

seasoned chicken, fresh romaine
lettuce with chicken, purple cabbage,
mandarin oranges, toasted sesame
seeds, sliced almonds, green onions,
and wontons served with asian sesame
dressing

GRAB N' GO

SEASONAL BERRY PARFAIT

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

PROTEIN POWERHOUSE PACK

A balanced blend of 2 boiled eggs, salami,
fruit, assorted cubed cheeses, and whole
grain crackers



FRUITS & VEGGIES

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

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



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UPLAND HIGH SCHOOL

LUNCH CYCLE MENU



WEEK OF:
12/9/24-12/13/24

DAILY SPECIALS

MONDAY

QUESADILLA

melted combination of jack and cheddar cheese inside a whole wheat flour tortilla

NUGGETS

tender, flaky bite sized chicken

TUESDAY

IMPOSSIBLE™ NUGGETS

made from plants impossible™ breaded chicken nuggets

ASADO CHICKEN BOWL

zesty and citrusy grilled chicken with black beans, jalapeno corn, and freshly made cilantro lime rice served with chile verde salsa

WEDNESDAY

IMPOSSIBLE™ BURGER

made from plants impossible™ burger patty inside a golden buttery brioche bun

ALFREDO PASTA

juicy diced chicken and penne pasta smothered in a creamy alfredo sauce



THURSDAY

FIESTA CRUNCHWRAP

seasoned lentils, roasted bell peppers, and caramelized onion on a tostada wrapped in a warm toasted tortilla
Try it with a packet of taco sauce for the ultimate experience!

YANG'S ORANGE CHICKEN

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

FRIDAY

TOFU TERIYAKI BOWL

salty, sweet, and savory tofu, steamed broccoli, and freshly made brown rice

CHICKEN & MASHED POTATOES

crispy, breaded chicken and creamy mashed potatoes served with a dinner roll



VEGETARIAN



100% VEGAN



FIESTA FAVORITES

FIESTA NACHOS

served with warm, toasted nacho chips, with the choice of 2 scoops from below:

creamy mashed beans

warm nacho cheese

100% organic, california ground beef
cooked in a house-made taco
seasoning

TACO BOUT A GOOD BURRITO

freshly made with refried beans, cheese,
and rice inside a toasted whole grain
tortilla from the locally owned restaurant
Taco Bout Good

CHICKEN & CHEESE TAMALE

tender shredded chicken and mozzarella
cheese inside a warm masa and wrapped
with a corn husk



HANDHELD CLASSICS

HONEY MUSTARD CHICKEN WRAP

spicy breaded chicken, shredded romaine lettuce,
honey mustard dressing, and shredded cheddar
cheese wrapped in a white wheat flour tortilla

SMUCKERS UNCRUSTABLE™

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

DOMINO'S PIZZA

Delivered hot!
choice of pepperoni or cheese



KICKN' CHICKEN SANDWICH

crispy, spicy lean chicken breast inside a
golden buttery brioche bun

BACON CHEESEBURGER

grass fed California ground beef patty paired
with cheddar cheese and turkey bacon on a
whole grain corn dusted knotted bun

ITALIAN SAMMY

juicy turkey ham, lean turkey salami, and
pepperoni seasoned turkey with provolone
cheese on Old Town Bakery hearty squaw bread



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beef sourced from an
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SALADS

FIREBIRD SALAD

spicy breaded chicken breast, fresh spring mix
lettuce with chicken, seasoned croutons,
cherry tomatoes, carrots, cucumber, celery.
Choice of Ken's ranch or caesar dressing

CHICKEN CRAFT SALAD

seasoned chicken, fresh spring mix lettuce
with chicken, seasoned croutons, cherry
tomatoes, carrots, cucumber, celery.
Choice of Ken's ranch or caesar dressing



SHAKER CAESAR SALAD

fresh crispy romaine lettuce seasoned
croutons, grated parmesan cheese, and
seasoned chicken. Choice of Ken's ranch or
caesar dressing

GRAB N' GO

PROTEIN POWERHOUSE PACK

A balanced blend of 2 boiled eggs, salami,
fruit, assorted cubed cheeses, and whole
grain crackers

SEASONAL BERRY PARFAIT

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



ALL MEALS INCLUDE:

DRINKS

Non-fat Chocolate Milk

1% White Milk

Non-Fat White Milk

Lactose Free Milk

Ice Cold Filtered Water

Orange/Apple Juice

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

1 Milk + Fruit and/or Vegetable

FRUITS & VEGGIES

Banana

Apples

Oranges

Baby Carrots

Edamame

and more based on season!

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



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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

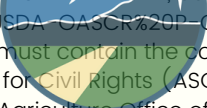
Connect with Our Nutrition Services Team!

 **@uusdfarmtoschool**



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 <https://www.usda.gov/sites/default/files/documents/USDA-0A3CR%20F-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD 3027 form or letter must be submitted to USDA by: 1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250 9410; or 2. fax: (833) 256-1665 or (202) 690-7442; or 3. email: program.intake@usda.gov This institution is an equal opportunity provider.



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