



# 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**

### CARNITAS BURRITO

*tender carnitas, 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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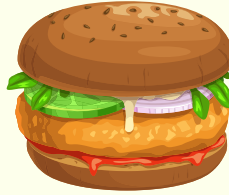
= MADE WITH WHOLE GRAIN

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

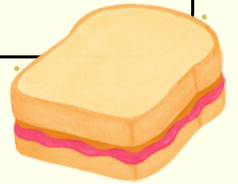
yoplait creamy vanilla yogurt® served with locally grown mixed berries paired with nature valley granola™



### 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

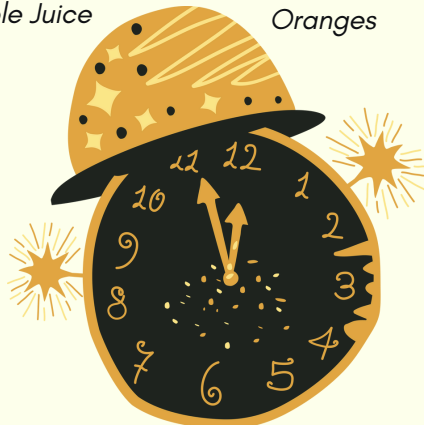
Non-fat Chocolate Milk    Lactose Free Milk  
1% White Milk    Ice Cold Filtered Water  
Non-Fat White Milk    Orange/Apple Juice

### 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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Happy  
New  
Year



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