LOCATIONS:

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

UPLAND HIGH SCHOOL

BREAKFAST MENU





apple jacks honey nut cheerios lucky charms frosted flakes 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 nature valley granola™

ENERGY PACKED BENEFIT BARS

chocolate chip oatmeal cinnamon toast raisin apple cinnamon banana

HEALTHY € HEARTY

♦ 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

Egg, sliced cheddar cheese, sausage patty on a warm croissant

POWER BREAKFAST BOWL

choice of strawberry or grape jam

§ O SMUCKERS UNCRUSTABLE™

crustless soft, wheat bread filled with your

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

🖖 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 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)

FRUITS **‡** VEGGIES

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

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















LOCATIONS:

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

UPLAND HIGH SCHOOL LUNCH MENU



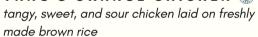
DAILY SPECIALS

MONDAY

PENNE PASTA AND MEATBALLS

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

YANG'S ORANGE CHICKEN (1) 🆖



TUESDAY

WINGIN' MAC DELIGHT

creamy mac 'n' cheese served with buffalo wings

ASADO CHICKEN BOWL (1) (1)

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

WEDNESDAY

ALFREDO PASTA

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

CHICKEN PARMESAN

breaded chicken, marinara sauce, and melted mozzarella cheese served with warm garlic bread

THURSDAY

NASHUILLE HOT HONEY CHICKEN STRIPS & FRIES

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

TERIVAKI CHICKEN BOWL

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





FRIDAY

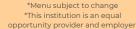
BACON CHEESEBURGER 🐓

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

CHICKEN & MASHED POTATOES

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















FIESTA FAVORITES

MON/WED/FRI Special

WALKING TACO E (6)



served with reduced-fat Doritos® and two choices from options below:

TUE/THUR Special

FIESTA NACHOS 🚟 🏮

TUE/THUR Special



served with warm, toasted nacho chips and two choices from options below:

100% organic, california ground beef cooked in a house-made taco seasoning, creamy mashed beans, warm nacho cheese

MON/ WED/ FRI Special

CLASSICS

UEGAN SPECIAL

BEEF TAQUITOS (6)

daily specials with rotate between vegan nuggets, vegan burger or chef's special

crispy taquitos with warm shredded beef

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

HOMEMADE BURRITOS

Choice of Carnitas or Salsa Verde Chicken, pinto beans, and cilantro lime rice inside a tortilla

GRAB N' GO

KICKN' CHICKEN SANDWICH

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

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

DOMINO'S PIZZA

Delivered hot! choice of pepperoni or cheese

MON/WED/FRI Special

TURKEY & SWISS WRAP *

oven roasted turkey and swiss cheese in a whole wheat tortilla

TUE/THUR Special

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

FRESH OPTIONS

MON/WED/FRI Special

CHICKEN CEASAR SALAD

fresh crispy romaine lettuce seasoned croutons, grated parmesan cheese, and seasoned chicken served with caesar. dressina

TUE/THUR Special



CHINESE CHICKEN SALAD

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

SEASONAL BERRY PARFAIT (6)





yoplait creamy vanilla yogurt® served with locally grown mixed berries paired with aranola™



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

ALL MEALS INCLUDE:

DRINKS

Non-fat Chocolate Milk Lactose Free Milk 1% White Milk Non-Fat White Milk

Ice Cold Filtered Water Orange/Apple Juice

1 Milk + Fruit and/or Vegetable

FRUITS & VEGGIES

Baby Carrots Banana Edamame **Apples**

and more based on season! Oranges

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

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











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!

o euusdfarmtoschool



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