

UPLAND HIGH SCHOOL

. BREAKFAST MENU .



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

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 nature valley 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

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

✓ 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!



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

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

TUESDAY

WINGIN' MAC DELIGHT

creamy mac 'n' cheese served with buffalo wings

ASADO CHICKEN BOWL

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

NASHVILLE HOT HONEY CHICKEN STRIPS & FRIES

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

TERIYAKI 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

 @UUSD FARM TO SCHOOL

 :VEGETARIAN  :VEGAN  :DAIRY FREE  :GLUTEN FREE  :WHOLE GRAIN

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



FIESTA FAVORITES

MON/WED/FRI Special

WALKING TACO

served with reduced-fat Doritos® 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

VEGAN SPECIAL

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

BEEF TAQUITOS

crispy taquitos with warm shredded beef

TUE/THUR Special

FIESTA NACHOS

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

TUE/THUR Special

FIESTA CRUNCHWRAP

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

HOMEMADE BURRITOS

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



CLASSICS

KICKN' CHICKEN SANDWICH

crispy, spicy lean chicken breast inside a golden buttery brioche 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



GRAB N' GO

MON/WED/FRI Special

TURKEY & SWISS WRAP

oven roasted turkey and swiss cheese in a whole wheat tortilla

TUE/THUR Special

BLAZIN' BUFFALO WRAP

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 dressing

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 dressing



SEASONAL BERRY PARFAIT

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



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 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

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)



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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TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a

Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<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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