



# Upland Unified School District

# JANUARY

## Breakfast Daily

Whole Grain Breakfast Bread Variety  
 Bagel & Cream Cheese  
 Whole Grain Cereal Variety Whole  
 Grain Breakfast Bars  
 Yogurt (9 g of sugar)  
 Mozzarella String Cheese

## Breakfast Specials

**Monday**      
 Whole Grain Mini Pancakes and Turkey Sausage  
 Links

**Wednesday**     
 Whole Wheat Chicken Sausage and Cheese Waffle

**Friday**     
 Whole Grain Egg & Cheese Scrambler

*Please take our breakfast survey and let us know how we can improve!*



Local Farm-Fresh Seasonal Fruit & Veggies  
 Local Driftwood Dairy California Milk 1% White  
 Milk  
 or Non-Fat Chocolate Milk (Lunch Only)



@UUSDFARMTOSCHOOL

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





Farm Fresh Salad Bar is Offered Daily

Local Driftwood Dairy California Milk 1% White Milk or Non-Fat Chocolate Milk (Lunch Only)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>5 Grilled Chicken Sandwich</b> served on a whole grain bun sandwich salad bar 	<b>6 Walking Taco</b> ground turkey taco meat and shredded cheese served with reduced fat chips taco salad bar 	<b>7 Cheese Pizza</b> seasonal salad bar 	<b>8 Hawaiian Chicken and Bread Roll</b> asian salad bar 	<b>9 Chicken Strips and Whole Grain Fun &amp; Fitness Crackers</b> american salad bar 
<b>12 Charbroiled Burger</b> beef patty with the option of American cheese on a whole grain bun sandwich salad bar 	<b>13 Whole Grain Bean &amp; Cheese Burrito</b> fiesta salad bar 	<b>14 Meatballs and Cheesy Garlic Breadsticks</b> served with marinara sauce seasonal salad bar 	<b>15 Orange Chicken &amp; Brown Rice</b> asian salad bar 	<b>16 Whole Grain Mini Turkey Corn Dogs</b> american salad bar 
<b>19 MLK DAY</b> 	<b>20 NO SCHOOL</b>	<b>21 Cheese Pizza</b> seasonal salad bar 	<b>22 Teriyaki Chicken &amp; Garlic Fried Rice</b> asian salad bar 	<b>23 Brunch for Lunch</b> whole grain buttery maple waffle and two turkey sausage links breakfast salad bar 
<b>26 Turkey Hot Dog</b> served in a whole grain hot dog bun with reduced fat chips seasonal salad bar 	<b>27 Meal Breaks</b> sweet bbq bites, juice pouch, raisins, sunflower seeds, and cheez-its 	<b>28 Chicken Alfredo</b> grilled chicken served with penne pasta seasonal salad bar 	<b>29 Chicken Teriyaki Dumplings &amp; Brown Rice</b> asian salad bar 	<b>30 Crispy Chicken &amp; Mashed Potatoes</b> whole grain breaded american salad bar 

