



Upland Unified School District

FEBRUARY

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

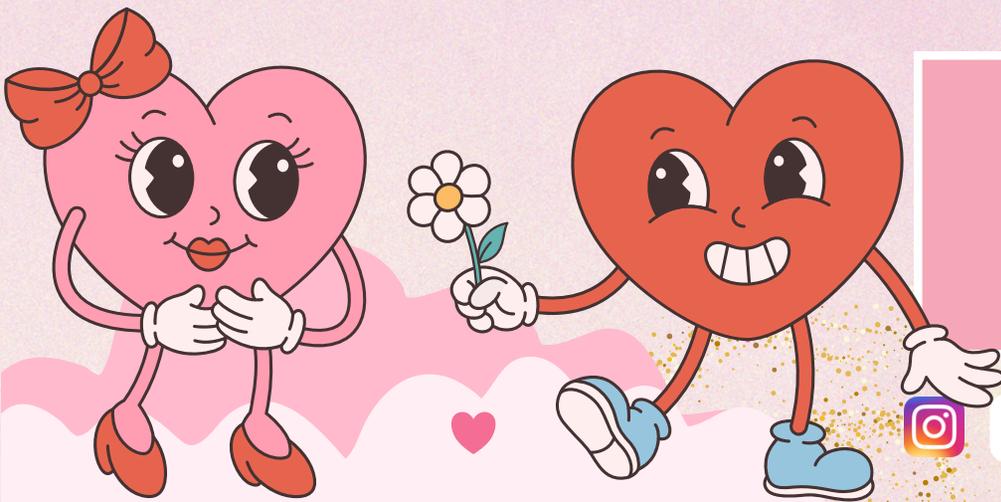


Whole Wheat Chicken Sausage and Cheese Waffle

Friday



Whole Grain Egg & Cheese Scrambler



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



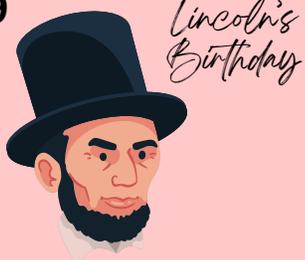
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*Menu subject to change
 *This institution is an equal opportunity provider



FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Grilled Chicken Sandwich served on a whole grain bun sandwich salad bar</p> 	<p>3 Walking Taco ground turkey taco meat and shredded cheese served with reduced fat chips taco salad bar</p> 	<p>4 Cheese Pizza seasonal salad bar</p> 	<p>5 Hawaiian Chicken and Bread Roll asian salad bar</p> 	<p>6 Chicken Strips and Whole Grain Fun & Fitness Crackers american salad bar</p> 
<p>9 Lincoln's Birthday</p> 	<p>10 Whole Grain Bean & Cheese Burrito fiesta salad bar</p> 	<p>11 Meatballs and Cheesy Garlic Breadsticks served with marinara sauce seasonal salad bar</p> 	<p>12 Orange Chicken & Brown Rice asian salad bar</p> 	<p>13 Whole Grain Heart Shaped Chicken Nuggets served with a valentine's day treat american salad bar</p> 
<p>16 President's Day</p> 	<p>17 Ground Turkey Tacos served in two hardshells taco salad bar</p> 	<p>18 Cheese Pizza seasonal salad bar</p> 	<p>19 Teriyaki Chicken & Garlic Fried Rice asian salad bar</p> 	<p>20 Crispy Chicken & Mashed Potatoes whole grain breaded american salad bar</p>
<p>23 Charbroiled Burger beef patty with the option of American cheese on a whole grain bun sandwich salad bar</p> 	<p>24 Chicken Tamales fiesta salad bar</p>	<p>25 Chicken Alfredo grilled chicken served with penne pasta seasonal salad bar</p> 	<p>26 Chicken Teriyaki Dumplings & Brown Rice asian salad bar</p> 	<p>27 Brunch for Lunch whole grain buttery maple waffle and turkey sausage links breakfast salad bar</p> 

Farm Fresh Salad Bar is Offered Daily

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

Pink Week
2/9 to 2/13
Non-fat Strawberry Milk available at lunch



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