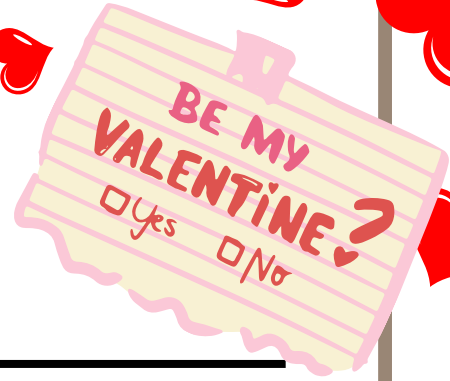




# PIONEER JR. HIGH

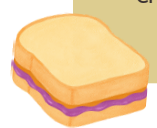
breakfast menu



## - SERVED DAILY -

### Smuckers Uncrustable™

crustless soft, wheat bread filled with grape jelly



### Mini Pancakes

whole grain mini eggo® pancakes with option of sausage or bacon



### Assorted Breads

cinnamon rolls, coffee cake, pumpkin scone or pumpkin bread



### Muffins

choice of: whole grain banana, blueberry or pumpkin muffins served warm



### Kickstart Cereal Cups

Variety of whole-grain cereals served with string cheese

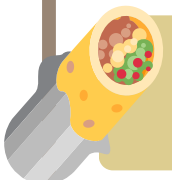


## - SPECIALS OF THE DAY -

### MON/WED/FRI SPECIAL

#### Breakfast Burrito

scrambled eggs with bacon, country potato chunks, and cheese served inside a warm, whole wheat tortilla



### TUE/THUR SPECIAL

#### Egg-Citing Sandwich

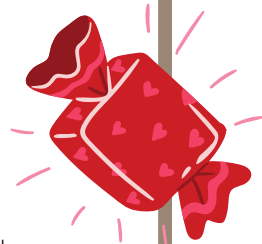
freshly made egg patty paired with a savory turkey sausage patty, topped with cheese, served inside a hearty, whole grain english muffin

### Fresh Baked Bagels

choice of: jalapeno cheddar, everything bagel, blueberry, chocolate or plain bagel served with cream cheese

### Banana Strawberry Smoothie

served with a whole grain mini muffin



### MILK, FRUIT, AND JUICE ARE OFFERED AT EVERY BREAKFAST

Assorted Juices  
White Milk (Options):  
1% Low-fat  
Non-fat  
Lactaid

Assorted Seasonal Fruits:  
Cantaloupe  
Peaches  
Watermelon  
\*50% of our fruits are organic & locally grown



### DAILY BREAKFAST SIDE

#### Dairy Duo

4 oz. low sugar yogurt & string cheese  
Still hungry? Grab this duo in addition to your favorite breakfast item!



# XOXO

= Whole Grain Item

\*Menu subject to change  
\*Manager specials to be added  
\*This institution is an equal opportunity provider



# PIONEER JR. HIGH

lunch menu



## - SERVED DAILY -

### Fresh Berry Parfait

vanilla yogurt served with a mixed berry compote served served with granola



### Smuckers Uncrustable™

crustless soft, wheat bread filled with peanut butter and grape or strawberry jelly



### Crispy Chicken Sandwich

crispy chicken breast patty inside a buttery brioche bun served with choice of toppings

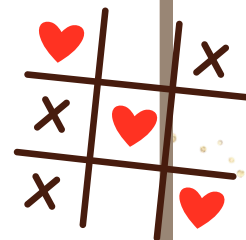


### Kickin' Chicken Sandwich

spicy crispy chicken breast inside a buttery brioche bun served with choice of toppings



## - DAILY SPECIALS -



### MONDAY

#### Orange Chicken & Brown Rice

tangy, sweet and sour chicken served with brown rice

### WEDNESDAY

#### Chicken Caesar Salad

crispy romaine lettuce, croutons, parmesan cheese, and chicken served with caesar dressing

#### Wings & Mac n Cheese

tangy buffalo wings served with macaroni and cheese



#### Hot Pizza Delivery

choice of cheese or turkey pepperoni from local restaurant Mountain Mike's Pizza

### TUESDAY

#### Chicken Chunks & Biscuit

breaded chicken chunks served with a freshly baked honey butter biscuit



### THURSDAY

#### Hawaiian BBQ Drumstick

sweet glazed chicken drumstick and mashed potatoes served with a roll



#### Walking Taco

ground turkey taco meat served with a bag of reduced-fat Doritos and a side of shredded cheese



#### Buffalo Chicken Wrap

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

### FRIDAY

#### Pioneer Burger

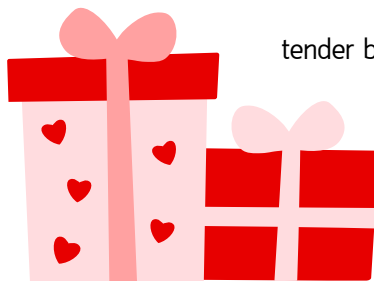
Beef patty and American cheese inside a golden bun served with choice of toppings



#### Birria Ramen

NEW

tender birria and ramen noodles in a savory broth



\*Menu subject to change



\*Manager specials to be added

\*This institution is an equal opportunity provider

= Whole Grain Item

be my  
VALENTINE

## EVERY LUNCH COMES WITH A MILK, FRUIT, AND/OR VEGETABLE

### *Drink Offerings:*

Milk (Options):  
1% Low-fat White Milk  
Non-fat White Milk  
Non-fat Chocolate Milk  
Lactaid  
Froot Jooce®

### *Assorted Fruits:*

Cantaloupe  
Peaches  
Oranges  
and More!

### *Assorted Veggies:*

Baby Carrots  
Corn  
Broccoli  
and More!

\*50% of our fruits are organic & locally, grown

### 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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XO



UPLAND UNIFIED  
SCHOOL DISTRICT

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