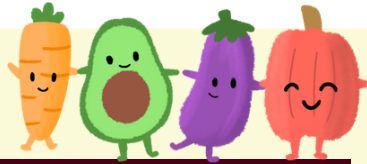


Upland Unified School District

March

NUTRITION MONTH



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



Hot Breakfast Specials

Monday



Whole Grain Mini Confetti Pancakes and Turkey Sausage Patty

Wednesday



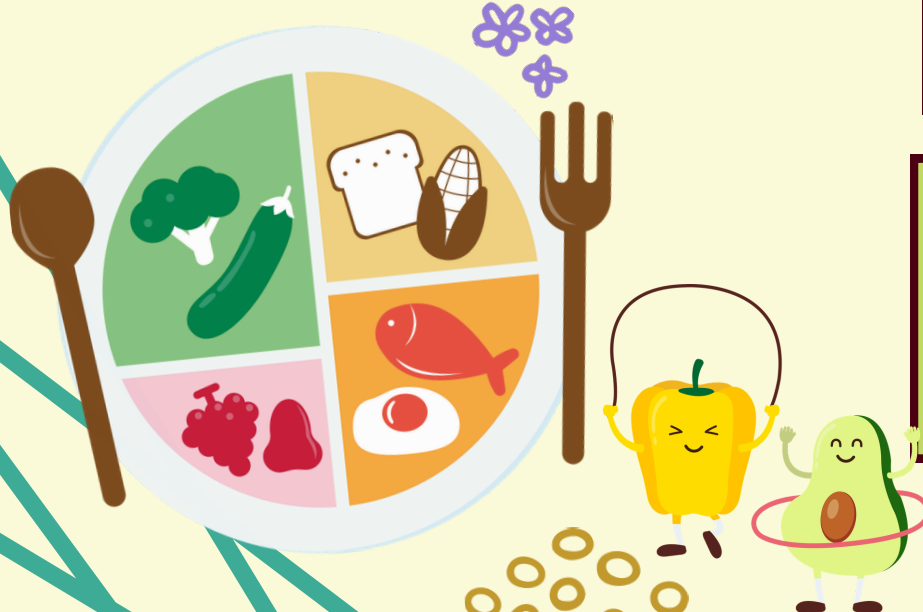
Whole Grain Maple Pancake Sandwich with Chicken Sausage

Friday



Whole Wheat Egg & Cheese Breakfast Wrap

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



March



MONDAY

2 Grilled Chicken Sandwich
served on a whole grain bun
sandwich salad bar



TUESDAY

3 Walking Taco
ground turkey taco meat
and shredded cheese
served with reduced fat
chips
taco salad bar



WEDNESDAY

4 Cheese Pizza
seasonal salad bar



THURSDAY

5 Hawaiian Chicken and Bread Roll
asian salad bar



FRIDAY

6 Crispy Chicken, Mashed Potatoes
whole grain breaded
american salad bar



9 Charbroiled Burger
beef patty with the option
of American cheese on a
whole grain bun
sandwich salad bar



10 Whole Grain Bean & Cheese Burrito
fiesta salad bar



11 Meatballs and Cheesy Garlic Breadsticks
served with marinara
sauce
seasonal salad bar



12 Orange Chicken & Brown Rice
asian salad bar



13 Whole Grain Mini Corn Dogs
american salad bar



16 Crispy Chicken Sandwich
served on a whole grain bun
sandwich salad bar



17 Ground Turkey Tacos
served in two hardshells
served with a whole grain
green concha
taco salad bar



18 Cheese Calzone
seasonal salad bar



19 Teriyaki Chicken & Garlic Fried Rice
asian salad bar



20 Brunch for Lunch
whole grain buttery
maple waffle and turkey
sausage links
breakfast salad bar



23 Hot Dog and Chips
served in a whole wheat
hot dog bun with reduced
fat chips
sandwich salad bar



24 Chicken Tamales
fiesta salad bar

25 Chicken Alfredo
grilled chicken served
with penne pasta
seasonal salad bar



26 Chicken Teriyaki Dumplings & Brown Rice
asian salad bar



27 Chicken Strips & Crackers
whole grain breaded
american salad bar



UPLAND UNIFIED SCHOOL DISTRICT

Farm Fresh Salad Bar is Offered Daily

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



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