

Upland High School Summer Breakfast Menu



Breakfast Specials- served daily:

Pancake Plate- Pancakes and Pork Bacon

Breakfast Burrito- Eggs, Cheese, Turkey Sausage, and Whole Wheat Tortilla

Breakfast Sandwich- English Muffin, Egg, Chicken Sausage, and American Cheese

Breakfast Breads:

Assorted baked goods

Various Bagels

Assorted Whole Grain Cereals

Cold Specials:

Fresh Seasonal Berry Parfait

Smuckers Uncrustables

Beverages

Non- fat chocolate milk

1% White Milk

Non- Fat White Milk

Lactose Free Milk

Orange, Berry or Apple Juice

Fresh Fruits and Vegetables served daily!



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*Menu subject to change

*This institution is an equal opportunity provider

June Upland High Lunch Menu



**Upland Unified
School District**

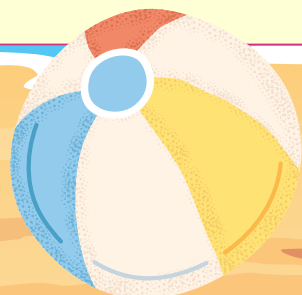
served daily

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

Fresh Fruit &
Vegetable
Options Vary
Daily

Fresh Berry Parfait, Chicken Sandwich, Uncrustables PB & J, Chicken Caesar Salad is Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>8 Buffalo Wings w/ Mac n Cheese</p> <p>EGGS MILK WHEAT</p>	<p>9 Whole Grain Chicken Taquitos w/ Guac</p>	<p>10 Charbroiled Burger beef patty on a whole grain bun</p> <p>SESAME SOY WHEAT</p>	<p>11 Yang's Teriyaki Chicken served over brown rice</p> <p>SOY</p>
<p>15 Honey Butter Biscuit & Whole Grain Chicken Strips</p> <p>EGGS MILK SOY WHEAT</p>	<p>16 Whole Grain Bean & Cheese Burrito</p> <p>SOY WHEAT MILK</p>	<p>17 Whole Wheat French Bread Cheese Pizza</p> <p>EGGS MILK SOY WHEAT</p>	<p>18 Yang's Orange Chicken served over brown rice</p> <p>EGGS SOY WHEAT</p>
<p>22 Whole Grain Jumbo Chicken Corn Dog w/ Baked Chips</p> <p>MILK EGGS SOY WHEAT</p>	<p>23 Whole Grain Mini Chicken & Cheese Tacos</p> <p>MILK</p>	<p>24 Charbroiled Burger beef patty on a whole grain bun</p> <p>SESAME SOY WHEAT</p>	<p>25 Whole Grain Shark Chicken Nuggets served with whole grain goldfish</p> <p>MILK SOY WHEAT</p>
<p>29 Buffalo Wings w/ Mac n Cheese</p> <p>EGGS MILK WHEAT</p>	<p>30 Whole Grain Chicken Taquitos w/ Guac</p>	<p>Local Hollandia Dairy California Milk 1% White Milk or Non-Fat Chocolate Milk (Lunch Only)</p>	



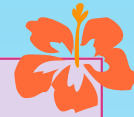
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July Upland High Lunch Menu



Fresh Berry Parfait, Chicken Sandwich, Uncrustables PB & J, Chicken Caesar Salad is Offered Daily

**served
daily**

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

Fresh Fruit & Vegetable Options Vary Daily

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

SUMMER

1 Charbroiled Burger
beef patty on a whole grain bun

SESAME SOY WHEAT

2 Yang's Teriyaki Chicken
served over brown rice

SOY

6 Honey Butter Biscuit & Whole Grain Chicken Strips

EGGS MILK SOY WHEAT

7 Whole Grain Bean & Cheese Burrito

SOY WHEAT MILK

8 Whole Wheat French Bread Cheese Pizza

EGGS MILK SOY WHEAT

9 Yang's Orange Chicken
served over brown rice

EGGS SOY WHEAT

13 Whole Grain Jumbo Chicken Corn Dog w/ Baked Chips

MILK EGGS SOY WHEAT

14 Whole Grain Mini Chicken & Cheese Tacos

MILK

15 Charbroiled Burger
beef patty on a whole grain bun

SESAME SOY WHEAT

16 Whole Grain Shark Chicken Nuggets
served with whole grain goldfish

MILK SOY WHEAT

