

Upland Unified School District



Daily Breakfast Specials

Whole Grain Breakfast Bread Variety
Whole Grain 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 Ham & Swiss Croissant

Wednesday



Whole Grain Turkey Sausage and Pancake Bites

Friday



Whole Grain French Toast Sticks and Chicken Sausage Links

Local Farm-Fresh Seasonal Fruit & Veggies
Local Driftwood Dairy California Milk Fat Free
Flavored/Unflavored and Low-fat White Milk



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*Menu subject to change

*This institution is an equal opportunity provider



September

Cheers to our
HARDWORKING CITIZENS



Fresh Salad
Bar Offered
Daily

Local
Driftwood
Dairy
California
Milk
1% White
Milk or
Non-Fat
Chocolate
Milk

WG = Whole Grain
★ = New Item(s)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 WG Grilled Chicken Sandwich served on a whole grain bun sandwich salad bar 	1 WG Bean & Cheese Pupusa fiesta salad bar 	2 WG Cheese Calzone served with marinara sauce seasonal salad bar 	3 Teriyaki Chicken & Garlic Brown Fried Rice asian salad bar 	4 <i>Minimum Day</i> WG Wowbutter Sandwiches Apple Baby Carrots
7 LABOR DAY	★ 8 Turkey Barbacoa Tacos fiesta salad bar 	9 WG Mac & Cheese seasonal salad bar 	10 Hawaiian Chicken Drumstick & WG Bread Roll asian salad bar 	★ 11 WG Mini Pancakes & Chicken Sausage Links american salad bar
14 WG Charbroiled Cheeseburger sandwich salad bar 	15 WG Walking Taco seasoned turkey taco meat and reduced fat chips fiesta salad bar 	16 WG French Bread Cheese Pizza seasonal salad bar 	17 Orange Chicken & Brown Rice asian salad bar 	18 WG Honey Butter Biscuit & Chicken Chunks american salad bar
21 WG Grilled Chicken Sandwich served on a whole grain bun sandwich salad bar 	★ 22 WG Chipotle Chicken & Cheese Pupusa fiesta salad bar 	23 WG Cheese Calzone served with marinara sauce seasonal salad bar 	24 Teriyaki Chicken & Garlic Brown Fried Rice asian salad bar 	25 WG Mini Turkey Corn Dogs and Crackers american salad bar
28 WG Crispy Chicken Sandwich served on a whole grain bun sandwich salad bar 	29 Turkey Barbacoa Tacos fiesta salad bar 	30 WG Mac & Cheese seasonal salad bar 	1 Hawaiian Chicken Drumstick & WG Bread Roll asian salad bar 	2 WG Mini Pancakes & Chicken Sausage Links american salad bar



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