



PIONEER JR. HIGH

breakfast menu

- SERVED DAILY -

Smuckers Uncrustable™

crustless soft, wheat bread filled with grape jelly



Assorted Breads

homemade bagel, cinnamon roll, coffee cake, concha, breakfast bar and crumb square



Cereal Cups

Variety of whole-grain cereals served with string cheese



Muffins

choice of whole grain banana, chocolate chip, cinnamon apple or blueberry served warm



- SPECIALS OF THE DAY -

MON/WED/FRI SPECIAL

Breakfast Bowl

scrambled eggs with pork bacon, homestyle potatoes, and whole grain tortilla

TUE/THUR SPECIAL

Egg-Citing Sandwich

grilled egg patty paired with a savory chicken sausage patty, topped with cheese, served inside a hearty, whole grain english muffin

Mini Eggo Pancakes

served warm with a side of chicken sausage patty



Waffles

served warm with a side of pork bacon

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!



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

 = Whole Grain Item



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 freshly made long grain brown rice

Wings & Mac

macaroni and cheese served with buffalo hot wings

TUESDAY

Chicken Chunks & Biscuit

breaded chicken chunks served with a freshly baked honey butter biscuit



Walking Taco

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

FRIDAY

Pioneer Burger

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



WEDNESDAY

Chicken Caesar Salad

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

Hot Pizza Delivery

choice of cheese or turkey pepperoni from local restaurant



Buffalo Chicken Wrap

New!

THURSDAY

Bean Enchiladas

served with salsa verde, cilantro lime rice, corn and beans

New!

Bean and Cheese Burrito

New!

seasoned refried beans and melted cheddar cheese wrapped in a warm, toasted flour tortilla



Chili Cheese Fries

Turkey Chili, Crinkle Cut Fries, Topped with Cheddar Cheese and served with a warm Hawaiian Roll



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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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UPLAND UNIFIED
SCHOOL DISTRICT

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