



UPLAND ACADEMY OF THE ARTS

MENU

BREAKFAST

MILK, FRUIT, AND/OR JUICE
ARE OFFERED AT EVERY
BREAKFAST

BAKED GOODS

FRESH BAKED BAGELS **MON/WED/FRI SPECIAL**

*variety of whole grain bagels
served with cream cheese*

CRUMBTASTIC CREATION

*warm coffee cake with a layer of
sweet, buttery crumbs on top*

MINI CINNAMON ROLLS

*warm, gooey set of sweet whole grain
cinnamon rolls*

ASSORTED BREAD

MUFFINS

*choice of: whole grain banana or blueberry
muffins served warm*

BEVERAGES

*1% White Milk & Non-Fat Milk Local (Driftwood
Dairy)
Apple Juice
Orange Juice*

FRUITS

<i>Apples</i>	<i>Farm to School</i>
<i>Nectarines</i>	<i>Local, Organic Fruits</i>
<i>Oranges</i>	<i>Old Grove Orange Farms</i>
<i>and More!</i>	<i>Redlands, CA</i>

HEALTHY & HEARTY

BREAKFAST BURRITO

*cage-free scrambled eggs, shredded cheese,
crispy potato, and lean, turkey bacon in a
whole wheat tortilla*

MINI PANCAKES

*soft, warm stack of whole grain eggo® mini
pancakes*

WAFFLES

GRAB N' GO

ASSORTED CEREALS

variety of whole grain cereal

WHOLE GRAIN BREAKFAST BARS

*choice of:
strawberry crisp smores
cinnamon crisp birthday cake*

STRAWBERRY BANANA SMOOTHIE

TUE/THURS SPECIAL
served with a mini muffin

FRESH BERRY PARFAIT **MON/WED/FRI SPECIAL**

DAIRY DUO

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



= VEGETARIAN



= MADE WITH WHOLE GRAIN

OCTOBER UAA

4-6TH LUNCH MENU 26/27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 WG Charbroiled Cheeseburger sandwich salad bar 	6 WG Walking Taco seasoned turkey taco meat and reduced fat chips fiesta salad bar 	7 WG French Bread Cheese Pizza seasonal salad bar 	8 Orange Chicken & Brown Rice asian salad bar 	9 WG Honey Butter Biscuit & Chicken Chunks american salad bar 
12 WG Grilled Chicken Sandwich served on a whole grain bun sandwich salad bar 	13 WG Chipotle Chicken and Cheese Pupusa fiesta salad bar 	14 WG Beef Pepperoni & Cheese Croissant served with marinara sauce seasonal salad bar 	15 Teriyaki Chicken & Garlic Brown Fried Rice asian salad bar 	16 WG Mini Turkey Corn Dogs and Crackers american salad bar 
19 WG Crispy Chicken Sandwich served on a whole grain bun sandwich salad bar 	20 Turkey Barbacoa Tacos fiesta salad bar 	21 WG Mac & Cheese seasonal salad bar 	22 Hawaiian Chicken Drumstick & WG Bread Roll asian salad bar 	23 WG Mini Pancakes & Chicken Sausage Patty american salad bar 
26 WG Charbroiled Cheeseburger sandwich salad bar 	27 WG Walking Taco seasoned turkey taco meat and reduced fat chips fiesta salad bar 	28 WG French Bread Cheese Pizza seasonal salad bar 	29 Orange Chicken & Brown Rice asian salad bar 	30 WG Honey Butter Biscuit & Bat Nuggets served with a halloween cookie american salad bar 
2 NO SCHOOL	3 WG Chipotle Chicken and Cheese Pupusa fiesta salad bar 	4 WG Cheese Calzone served with marinara sauce seasonal salad bar 	5 Teriyaki Chicken & Garlic Brown Fried Rice asian salad bar 	6 WG Mini Turkey Corn Dogs and Crackers american salad bar 

Served Along With:

Local California Milk - Driftwood Dairy 1% White Milk or Non-Fat Milk
Local Farm Fresh Fruit & Vegetable



*Menu subject to change

*Manager specials to be added

*This institution is an equal opportunity provider