



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

*Apples
Nectarines
Oranges
and More!*

*Farm to School
Local, Organic Fruits
Old Grove Orange Farms
Redlands, CA*

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



UPLAND ACADEMY OF THE ARTS

7-8TH

LUNCH MENU

MILK, FRUIT, AND
VEGETABLES ARE
OFFERED AT
EVERY LUNCH

SPECIALS OF THE DAY

MONDAY

CHEESEBURGER

juicy made ground beef patty and local american cheese inside a golden bun served with the option of lettuce, tomato, and pickles



HOT WINGS AND MAC

hot wings served with macaroni and cheese

TUESDAY

BUFFALO CHICKEN WRAP

breaded chicken, romaine lettuce, cheese, and buffalo sauce in a whole grain tortilla

WALKING TACO

freshly cooked ground turkey cooked in a house-made taco seasoning inside a bag of doritos® nacho cheese chips. served with a side of shredded lettuce, sour cream, and pico de gallo



WEDNESDAY

CHEESEBURGER

juicy made ground beef patty and local american cheese inside a golden bun served with the option of lettuce, tomato, and pickles

HOT PIZZA DELIVERY

whole grain dough and choice of pepperoni or cheese

THURSDAY

ORANGE CHICKEN & BROWN RICE

citrusy and sweet, this glazed orange chicken is paired with fluffy brown rice.

ALFREDO PASTA

diced chicken and penne pasta in alfredo sauce topped with shredded parmesan cheese

FRIDAY

CHILI CHEESE FRIES

crispy crinkle cut fries, turkey chili, cheddar cheese, bread roll

BIRRIA RAMEN

tender birria in a savory warm broth on top of whole grain ramen noodles



 = MADE WITH WHOLE GRAIN



*Menu subject to change

*Manager specials to be added

*This institution is an equal opportunity provider

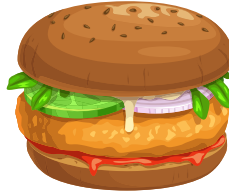
7-8TH LUNCH MENU CONTINUED

SERVED DAILY

CLUCKTASTIC CLASSICS

CRISPY CLUCKER'S SANDWICH

crunchy lean chicken breast golden buttery brioche bun along with the option of tomato, pickles, and lettuce fixings



KICKIN' CHICKEN SANDO

spicy, crunchy lean chicken breast golden buttery brioche bun along with the option of tomato, pickles, and lettuce fixings

GRAB N' GO

SEASONAL BERRY PARFAIT

yoplait creamy vanilla yogurt® served with locally grown mixed berries paired with nature valley granola™



GRAB N' GO

SMUCKERS UNCRUSTABLE™

*crustless soft, wheat bread filled with your choice of strawberry or grape jam
(only offered during 7-8th grade lunch)*



ALL MEALS INCLUDE

1 MILK + FRUIT AND/OR VEGETABLE

DRINKS

Non-fat Chocolate Milk	Lactose Free Milk
1% White Milk	Ice Cold Filtered Water
Non-Fat White Milk	Orange/Apple Juice

FRUITS & VEGGIES

Banana	Baby Carrots
Apples	Edamame
Oranges	and more based on season!



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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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