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

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
cinnamon crisp
smores
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!

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

= 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

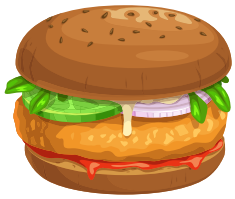
7-8TH LUNCH MENU CONTINUED

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

FRUITS & VEGGIES

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

@UUSDFARMTOSCHOOL

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Other Nutrtitious 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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