Upland Unified School District

December

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 WHEAT MILK EGG SOY
Whole Grain Ham & Swiss Croissant

Wednesday WHEAT MILK EGG SOY
Whole Grain French Toast Sticks and Chicken Sausage Patty

Friday SOY EGG WHEAT
Whole Grain Chicken Sausage Maple Pancake Wrap

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

SOY MILK WHEAT EGG SESAME FISH

December

UPLAND UNIFIED SCHOOL DISTRICT

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
30 **WG Grilled Chicken Sandwich** served on a whole grain bun sandwich salad bar	1 **WG Walking Taco** seasoned turkey taco meat and reduced fat chips fiesta salad bar	2 **WG Cheese Calzone** seasonal salad bar	3 **Orange Chicken & Brown Rice** asian salad bar	4 **WG Waffle and Crispy Chicken Drumstick** american salad bar
7 **WG Philly Cheesesteak** marinated beef and peppers served on a whole grain hoagie sandwich salad bar	8 **WG Chicken Verde Tamale** fiesta salad bar	9 **Chicken Alfredo** seasonal salad bar	10 **Hawaiian Chicken Drumstick & WG Bread Roll** asian salad bar	11 **WG Corn Dog** served with whole grain crackers american salad bar
14 **WG Charbroiled Cheeseburger** sandwich salad bar	15 **Red Pozole** shredded chicken, white hominy, and tortilla chips fiesta salad bar	16 **WG French Bread Cheese Pizza** seasonal salad bar	17 **Orange Chicken & Brown Rice** asian salad bar	18 ***Minimum Day* Meal Breaks** sweet bbq bites, vegetable and fruit punch, whole grain cheez-it crackers, and raisins

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