



# Upland Unified School District

## November Breakfast Menu



### breakfast daily

Whole Grain Muffin Variety  
Whole Grain Cereal Variety  
Whole Grain Breakfast Bars  
Yogurt (9 g of sugar)  
Mozzarella String Cheese



### breakfast specials

Egg Cheese Omelet (**Monday**)  
Pancakes or Waffles (**Wednesday**)  
Turkey Sausage Egg Bites (**Friday**)



Harvest  
of the  
Month™  
PERSIMMON



### served daily

Local Farm-Fresh Seasonal Fruit & Veggies  
Local Hollandia Dairy California Milk  
1% White Milk or  
Non-Fat Chocolate Milk (Lunch Only)



@UUSDFARMTOSCHOOL

\*Menu subject to change \*This institution is an equal opportunity provider and employer"







**REVISED**

# Upland Unified School District

## November Lunch Menu



**served daily**

Salad Bar at Every School Full of Local Farm-Fresh Seasonal Fruit & Veggies

Local Hollandia Dairy California Milk

1% White Milk or Non-Fat Chocolate Milk (Lunch Only)



@UUSDFARM  
TOSCHOOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/31-11/4 		<b>Tony's Personal *Cheese or Turkey Pepperoni Pizza</b> *vegetarian whole grain dough	<b>Breaded Chicken Drumstick</b> served with a whole grain focaccia	<b>Yangs Orange Chicken</b> served over brown rice	<b>Bean and Cheese Burritos</b> whole grain tortilla *vegetarian
11/7-11/11 	<b>Juicy Mighty Nuggets &amp; Cheez-ITs</b> *vegetarian	<b>Teriyaki Chicken</b> served over brown rice	<b>Bean and Cheese Burritos</b> whole grain tortilla	<b>Crispy Chicken Sandwich</b> served on a whole grain brioche bun	
11/14-11/18 	<b>Cheese Quesadilla</b> whole grain tortilla *vegetarian	<b>Breaded Chicken Drumstick</b> served with a whole grain Cheez-ITs	<b>Crispy Chicken Taquitos</b> served with guacamole	<b>Sliced Turkey Breast, Mashed Potatoes &amp; Gravy</b> *served with Old Town Bakery roll	<b>Deli Sandwich on Whole Grain Bun</b>
11/28-12/2 	<b>Mighty Nuggets with Cheez-ITs</b> *vegetarian	<b>Bean and Cheese Burritos</b> whole grain tortilla *vegetarian	<b>Build Your Own Turkey Tostada</b> whole grain Edibowl Fiesta Salad Bar	<b>Crispy Chicken Sandwich</b> served on a whole grain brioche bun	<b>Tony's Personal *Cheese or Turkey Pepperoni Pizza</b> *vegetarian whole grain dough

*Enjoy Your Break*

