

Dear Upland Families,

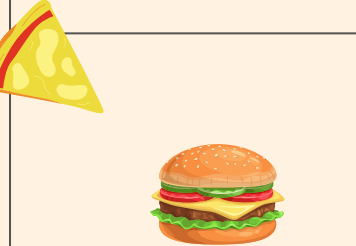


All School Meals Are FREE for the School Year 21/22

Important Menu Update

Last-minute menu changes are occurring frequently and are out of control due to the nationwide food supply chain issues. Our menus on our website may not reflect these changes. We appreciate your patience and understanding during this time. We will always attempt to substitute the scheduled menu item with another item that is similar as possible to the extent we are able to do. Please know that we will always provide wholesome meals each and every day.

- Your Nutrition Services Team

ELEMENTARY LUNCH SEPTEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<u>Daily Lunch Offerings</u>					
		Italian Combo Sandwich Turkey Ham Cheese Croissant Jennie O Turkey Stick	Land O Lakes Cheese Cubes Rold Gold Heartzel Pretzels Snack Box Milk		
		9/1 Orange Chicken w/ Brown Rice <u>Salad Bar</u> Apple / Plum Salad / Celery / Carrots	9/2 WG Drumstick w/ Biscuit Mashed Potato <u>Salad Bar</u> Peaches / Grapes Salad / Celery / Carrots	9/3 Mac & Cheese w/ Cornbread <u>Salad Bar</u> Apple / Banana Salad / Celery / Carrots	
9/6 Hamburger / Cheeseburger <u>Salad Bar</u> Grapes / Peaches Salad / Carrot / Celery	9/7 Teriyaki Chicken w/ Brown Rice <u>Salad Bar</u> Nectarines / Apple Pear Shredded Lettuce / Carrots / Celery	9/8 Grilled Chicken & Cheese Burrito <u>Salad Bar</u> Apple / Plum Salad / Celery / Carrots	9/9 Turkey & Cheese Egg Scramble w/ French Toast Bites and Potato Smiles <u>Salad Bar</u> Praches / Grapes Salad / Celery / Carrots	9/10 Crispy Chicken Salad w/ Crackers <u>Salad Bar</u> Apple / Banana Salad / Celery / Carrots	
9/13 Tony's Galaxy Cheese Pizza <u>Salad Bar</u> Grapes / Peaches Salad / Carrot / Celery	9/14 Bean and Cheese Burrito <u>Salad Bar</u> Nectarines / Apple Pear Salad / Carrots / Celery	9/15 Chicken Chunks w/ Farmers Market Crackers <u>Salad Bar</u> Apple / Plum Salad / Celery / Carrots	9/16 Chicken and Cheese Tamale <u>Salad Bar</u> Peaches / Grapes Shredded Lettuce / Carrots / Celery	9/17 Croissant Sandwiches <u>Salad Bar</u> Apples / Banana Salad / Carrots / Celery	
9/20 Three Cheese Calzone <u>Salad Bar</u> Grapes / Peaches Salad / Carrot / Celery	9/21 Crispy Chicken Sadnwich Patty <u>Salad Bar</u> Nectarines / Apple Pear Shredded Lettuce / Carrots / Celery	9/22 Orange Chicken w/ Brown Rice <u>Salad Bar</u> Apple / Plum Salad / Celery / Carrots	9/23 WG Drumstick w/ Biscuit Mashed Potato <u>Salad Bar</u> Peaches / Grapes Salad / Celery / Carrots	9/24 Mac & Cheese w/ Cornbread <u>Salad Bar</u> Apple / Banana Salad / Celery / Carrots	
9/27 Hamburger / Cheeseburger <u>Salad Bar</u> Grapes / Peaches Salad / Carrot / Celery	9/28 Teriyaki Chicken w/ Brown Rice <u>Salad Bar</u> Nectarines / Apple Pear Shredded Lettuce / Carrots / Celery	9/29 Grilled Chicken & Cheese Burrito <u>Salad Bar</u> Apple / Plum Salad / Celery / Carrots	9/30 Turkey & Cheese Egg Scramble w/ French Toast Bites and Potato Smiles <u>Salad Bar</u> Praches / Grapes Salad / Celery / Carrots		

*All grains are made with "whole" grain.

"This institution is an equal opportunity provider."