

UNIVERSITY PREPERATORY ACADEMY CHARTER HIGH SCHOOL NOVEMBER

LUNCH K-8 AND 9-12 2023-24



Monday	Tuesday	Wednesday	Thursday	Friday
30 No meal service	31 - Scary Jack's Meat Lover's Pizza - Morticia's Black Bean & Veggie Burrito - Calypso's Terrifying Teriyaki Chicken Sushi Bowl - Slimey's Ectoplasm Parfait W/ Bluescary Muffin	1 - Mr. Mike's Bbq Chicken Sandwich - Pasta X Plosion! - Summer Corn & Tomato Pasta Salad - Big Kahuna Tuna Wrap	2 - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Cheese Enchiladas - Chicken Bacon Ranch Wrap - Southwest Veggie Taco Salad W/ Tortilla Chips	3 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Wrap - Italian Market Salad
6 - Hamburger - Pasta W/ Olive Oil & Cheese - Sunbutter & Jelly Sandwich - Chicken Fajita Wrap	7 - Chicken Parmesan On A French Roll - Bean And Cheese Burrito - Chicken Caesar Wrap - Bagel Kit	8 - Beef Burrito - Veggie Chow Mein - Yogurt Berry Parfait W/ Muffin - Pesto Caprece Salad	9 - Breaded Chicken Sandwich - Penne Pasta W/ Marinara & Mozzarella - Farmers Market Egg Salad W/ Roll - Turkey And Cheddar On A Hoagie	10 No meal service
13 - Greek Chicken W/ Rice Pilaf - Broccoli Cheddar Potato Bowl W/ Roll - Turkey And Cheese Sandwich - Chicken Pesto Wrap	14 - Beef Hot Dog - Veggie Fried Rice - Bagel Kit - Smoked Chicken Wrap	15 - Wet Beef Burrito - Pasta Primavera - Chicken Bacon Ranch Salad W/ Roll - Turkey & Cheese On Dutch Crunch	16 - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce - Tuna Sandwich - Chicken Caesar Wrap	17 - Pepperoni Pizza - Cheese Pizza - Asian Chicken Wrap - Santa Fe Chicken Salad
20 No meal service	21 No meal service	22 No meal service	23 No meal service	24 No meal service
27 - Beef And Broccoli Bowl - Pasta X Plosion! - Sunbutter & Jelly Sandwich - Chicken Fajita Wrap	28 - Beef Hot Dog - Black Bean & Veggie Burrito - Turkey & Cheese On Dutch Crunch - Bagel Kit	29 - Chicken Enchiladas - South Of The Border Chili W/ Tortilla Chips - Chicken Salad On A Hoagie - Big Kahuna Tuna Wrap	30 - Sesame Orange Chicken W/ Rice - Cheese Enchiladas - Chicken Bacon Ranch Wrap - Southwest Veggie Taco Salad W/ Tortilla Chips	1

Drinks

1% Milk, Nonfat Chocolate Milk



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT OR FRESH VEGETABLE AND A DRINK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

PLACE YOUR ORDER NOW!



(650) 596-8008



lunchmaster@thelunchmaster.com



www.thelunchmaster.com

UNIVERSITY PREPERATORY ACADEMY CHARTER HIGH
SCHOOL
NOVEMBER

BREAKFAST K-12 2023-24



Monday	Tuesday	Wednesday	Thursday	Friday
30 No meal service	31 - Turkey Sausage On A Bun - Breakfast Scones - Breakfast Cereal	1 - Breakfast Burrito - Concha - Breakfast Cereal	2 - Maple Chicken Biscuit - Breakfast Muffin - Breakfast Cereal	3 - French Toast Sticks - Sunbutter & Jelly Sandwich - Breakfast Cereal
6 - Melted Cheese Bagel - Hard Boiled Egg W/ Muffin - Breakfast Cereal	7 - Egg & Cheese Burrito - Breakfast Muffin - Breakfast Cereal	8 - Pancakes W/ Syrup - Bagel W/ Cream Cheese - Breakfast Cereal	9 - Breakfast Bowl W/ Biscuit - Yogurt W/ Grahams - Breakfast Cereal	10 No meal service
13 - Breakfast Cereal	14 - Sausage, Egg & Cheese Biscuit - Breakfast Muffin - Breakfast Cereal	15 - Scrambled Eggs W/ Muffin - Bagel W/ Cream Cheese - Breakfast Cereal	16 - Maple Chicken Biscuit - Apple Cinnamon Frudel - Breakfast Cereal	17 - French Toast Sticks - Hard Boiled Egg W/ Muffin - Breakfast Cereal
20 No meal service	21 No meal service	22 No meal service	23 No meal service	24 No meal service
27 - Breakfast Cereal	28 - Turkey Sausage On A Bun - Breakfast Scones - Breakfast Cereal	29 - Breakfast Burrito - Concha - Breakfast Cereal	30 - Maple Chicken Biscuit - Breakfast Muffin - Breakfast Cereal	1

Drinks

1% Milk, Nonfat Chocolate Milk



ALL BREAKFAST ENTREES INCLUDE A FRUIT AND MILK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

PLACE YOUR ORDER NOW!



(650) 596-8008



lunchmaster@thelunchmaster.com



www.thelunchmaster.com

UNIVERSITY PREPERATORY ACADEMY CHARTER HIGH
SCHOOL
NOVEMBER

Vegan / Gluten Free



Monday	Tuesday	Wednesday	Thursday	Friday
30 No meal service	31 - Vegan Bean Burrito Bowl	1 - Myo Vegan Tacos	2 - Vegan Chickpea Tikka Masala	3 - Vegan Pinto Pozole W/T. Chips
6 - Vegan Spanish Beans W/ Rice	7 - Vegan Fried Rice	8 - Vegan Bean Burrito Bowl	9 - Vegan 3 Bean Chili W/ T.Chips	10 No meal service
13 - Vegan Chickpea Tikka Masala	14 - Vegan Pinto Pozole W/T. Chips	15 - Vegan Spanish Beans W/ Rice	16 - Vegan Fried Rice	17 - Vegan Bean Burrito Bowl
20 No meal service	21 No meal service	22 No meal service	23 No meal service	24 No meal service
27 - Vegan Fried Rice	28 - Vegan Bean Burrito Bowl	29 - Vegan 3 Bean Chili W/ T.Chips	30 - Myo Vegan Tacos	1

Drinks

1% Milk, Nonfat Chocolate Milk



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT OR FRESH VEGETABLE AND A DRINK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

PLACE YOUR ORDER NOW!



(650) 596-8008



lunchmaster@thelunchmaster.com



www.thelunchmaster.com