

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|
| 28 No meal service | 29 No meal service | 30 No meal service | 31 No meal service | 1 No meal service |
| 4 No meal service | 5 No meal service | 6 - Buffalo Chicken Hoagie - Teriyaki Chicken W/ Rice & Veggies - Minestrone Soup & Roll - Yogurt Berry Parfait W/ Muffin - Chicken Pesto Wrap - Bagel Kit | 7 - Breaded Chicken Sandwich - Western Wrap Up - Cheesy Bean Dip W/ Tortilla Chips - Confetti Bean And Rice Salad - Breaded Chicken Wrap - Bagel Kit | 8 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Pizza - Chicken Caesar Salad W/ Dinner Roll - Turkey & Cranberry Sandwich - Bagel Kit |
| 11 - Cheeseburger - Chicken Enchiladas - Pasta X Plosion! - Sbj Sammie - Cobb Salad Wrap - Bagel Kit | 12 - Spaghetti W/ Beef Meatsauce - Beef Hot Dog - Black Bean & Veggie Burrito - Teriyaki Chicken Sushi Bowl - Cali Bistro Box - Bagel Kit | 13 - Sesame Orange Chicken W/ Rice - Mr. Mike's Bbq Chicken Sandwich - Cheese Wrapadilla - Farmer's Market Chicken Salad W/ Dinner Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit | 14 - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Beef Chili W/ Cornbread - B & C Burrito - Hummus Rainbow Wrap - Southwest Veggie Taco Salad W/ Tortilla Chips - Bagel Kit | 15 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken W/ Rice Pilaf - Chicken Caesar Wrap - Italian Market Salad - Bagel Kit |



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



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 18 - Hamburger - Pasta W/ Olive Oil & Parmesan - Curry Fried Rice - Sbj Sammie - Chicken Bacon Ranch Wrap - Bagel Kit | 19 - Chicken Corn Dog - Chicken Parmesan With Pasta - Veggie Chow Mein - Bbq Chicken Wrap - Athenian Chicken Salad W/ Pita Triangles - Bagel Kit | 20 - Chicken Calzone - Chicken Chow Mein - Pasta W/ Marinara & Mozzarella - Yogurt Berry Parfait W/ Muffin - Pesto Caprese Salad - Bagel Kit | 21 - Breaded Chicken Sandwich - Chicken Kapama W/ Olive Oil & Parmesan Pasta - Mac & Cheese - Tex Mex Bistro Box W/ Tortilla Chips - Turkey & Cheese Hoagie - Bagel Kit | 22 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Pizza - Chicken Caesar Salad W/ Dinner Roll - Italian Deli Sub - Bagel Kit |
| 25 - Bbq Cheeseburger - Greek Chicken W/ Rice Pilaf - Pasta X Plosion! - Turkey & Cheese Sandwich - Chicken Caesar Wrap - Bagel Kit | 26 - Beef Hot Dog - Bbq Chicken Pasta - Broccoli Cheddar Potato Bowl W/ Dinner Roll - Sbj Sammie - Smoked Chicken Wrap - Bagel Kit | 27 - Popcorn Chicken & Tater Bowl - Chicken Parm Hoagie - Pasta Primavera - Chicken Bacon Ranch Salad W/ Dinner Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit | 28 - Chicken & Rice Soup - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce - Picnic Bistro Box - Cobb Salad Wrap - Bagel Kit | 29 - Pepperoni Pizza - Cheese Pizza - Louisiana Jambalaya - Asian Chicken Wrap - Santa Fe Chicken Salad - Bagel Kit |

Drinks

1% Milk, Nonfat Chocolate Milk, Nonfat Milk

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



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| 28 No meal service | 29 No meal service | 30 No meal service | 31 No meal service | 1 No meal service |
| 4 No meal service | 5 No meal service | 6 - Maple Chicken Biscuit - Sunbutter & Jelly Sandwich - Breakfast Cereal | 7 - Pancake Bites - Glazed Donut Holes - Breakfast Cereal | 8 - Denver Scramble Burrito - Pan De Elote - Breakfast Cereal |
| 11 - Apple Cinnamon Frudel - Bagel W/ Cream Cheese - Breakfast Cereal | 12 - French Toast Sticks - Concha - Breakfast Cereal | 13 - Maple Chicken Biscuit - Breakfast Muffin - Breakfast Cereal | 14 - Sausage & Cheese Biscuit - Cinnamon Crumble - Breakfast Cereal | 15 - Cherry Frudel - Cinnamon Raisin Bagel W/ Cream Cheese - Breakfast Cereal |
| 18 - Melted Cheese Bagel - Double Chocolate Muffin Top - Breakfast Cereal | 19 - Breakfast Burrito - Bagel W/ Cream Cheese - Breakfast Cereal | 20 - Maple Chicken Biscuit - Sunbutter & Jelly Sandwich - Breakfast Cereal | 21 - Apple Cinnamon Frudel - Pan De Elote - Breakfast Cereal | 22 - Southwest Breakfast Burrito - String Cheese W/ Mini Muffin - Breakfast Cereal |
| 25 - Melted Cheese Bagel - Breakfast Muffin - Breakfast Cereal | 26 - Cherry Frudel - Yogurt W/ Grahams - Breakfast Cereal | 27 - Maple Chicken Biscuit - Bagel W/ Cream Cheese - Breakfast Cereal | 28 - French Toast Sticks - Sunbutter & Jelly Sandwich - Breakfast Cereal | 29 - Breakfast Chilaquilles - Cinnamon Raisin Bagel W/ Cream Cheese - Breakfast Cereal |

Drinks

1% Milk, Nonfat Chocolate Milk, Nonfat Milk

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ALL BREAKFAST ENTREES INCLUDE A FRUIT AND MILK



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



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Vegan / Gluten Free AUGUST

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|------------------------------------|--|
| 28 No meal service | 29 No meal service | 30 No meal service | 31 No meal service | 1 No meal service |
| 4 No meal service | 5 No meal service | 6 - Vegan Fried Rice | 7 - Vegan Burrito Bowl | 8 - Vegan Tikka Masala |
| 11 - Myo Vegan Tacos | 12 - Vegan Pinto Pozole W/ Tortilla Chips | 13 - Vegan Spanish Beans W/ Cilantro Lime Rice | 14 - Vegan Red Beans & Rice | 15 - Vegan 3 Bean Chili W/ Tortilla Chips |
| 18 - Vegan Fried Rice | 19 - Vegan Burrito Bowl | 20 - Vegan Tikka Masala | 21 - Myo Vegan Tacos | 22 - Vegan Pinto Pozole W/ Tortilla Chips |
| 25 - Vegan Spanish Beans W/ Cilantro Lime Rice | 26 - Vegan Red Beans & Rice | 27 - Vegan Fried Rice | 28 - Vegan Burrito Bowl | 29 - Vegan Tikka Masala |

Drinks

1% Milk, Nonfat Chocolate Milk, Nonfat Milk

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



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



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Field Trip AUGUST

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 28 No meal service | 29 No meal service | 30 No meal service | 31 No meal service | 1 No meal service |
| 4 No meal service | 5 No meal service | 6 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 7 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 8 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit |
| 11 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 12 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 13 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 14 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 15 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit |
| 18 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 19 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 20 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 21 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 22 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit |
| 25 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 26 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 27 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 28 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit | 29 - Turkey & Cheese Sandwich - Sbj Sammie - Bagel Kit |

Drinks

1% Milk, Nonfat Chocolate Milk, Nonfat Milk

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



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



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UNIVERSITY PREPERATORY ACADEMY
CHARTER HIGH SCHOOL
AUGUST

LUNCH K-8 & 9-12
2025-2026



| Date | Menu Item | Allergens |
|-------------------|-------------------------------------|--|
| Wednesday | | |
| 6 | Buffalo Chicken Hoagie | Wheat, Soy, Milk, Chicken |
| | Teriyaki Chicken W/ Rice & Veggies | Wheat, Soy, Chicken, Sesame |
| | Minestrone Soup & Roll | Veg Wheat, Soy, Egg, Tomato, Sesame |
| | Yogurt Berry Parfait W/ Muffin | Veg Wheat, Egg, Milk, Soy |
| | Chicken Pesto Wrap | Chicken, Wheat, Milk, Soy |
| | Bagel Kit | Veg Wheat, Soy, Milk, Sesame |
| Thursday 7 | Breaded Chicken Sandwich | Wheat, Soy, Milk, Chicken, Sesame |
| | Western Wrap Up | Wheat, Soy, Milk, Chicken, Tomato, Sesame |
| | Cheesy Bean Dip W/ Tortilla Chips | Milk, Soy |
| | Confetti Bean And Rice Salad | Tomato |
| | Breaded Chicken Wrap | Wheat, Soy, Egg, Milk, Chicken, Sesame |
| | Bagel Kit | Veg Wheat, Soy, Milk, Sesame |
| Friday 8 | Pepperoni Pizza | Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey |
| | Cheese Pizza | Veg Wheat, Soy, Milk, Tomato |
| | Bbq Chicken Pizza | Wheat, Soy, Milk, Pork, Chicken, Tomato |
| | Chicken Caesar Salad W/ Dinner Roll | Wheat, Soy, Milk, Chicken, Sesame |
| | Turkey & Cranberry Sandwich | Wheat, Soy, Turkey, Sesame |
| | Bagel Kit | Veg Wheat, Soy, Milk, Sesame |
| <hr/> | | |
| Monday 11 | Cheeseburger | Wheat, Soy, Milk, Beef, Sesame |
| | Chicken Enchiladas | Soy, Milk, Chicken, Tomato, Sesame |
| | Pasta X Plosion! | Veg Wheat, Milk, Tomato |
| | Sbj Sammie | Veg Wheat, Soy, Sesame |
| | Cobb Salad Wrap | Wheat, Soy, Egg, Milk, Tomato, Turkey |
| | Bagel Kit | Veg Wheat, Soy, Milk, Sesame |
| Tuesday 12 | Spaghetti W/ Beef Meatsauce | Wheat, Egg, Beef, Milk, Tomato, Soy |
| | Beef Hot Dog | Wheat, Soy, Beef, Sesame |
| | Black Bean & Veggie Burrito | Veg Milk, Wheat, Tomato |
| | Teriyaki Chicken Sushi Bowl | Wheat, Soy, Chicken, Sesame |

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| | | | |
|------------------|---|-----|--|
| | Cali Bistro Box | | Wheat, Soy, Egg, Milk, Sesame |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |
| Wednesday | | | |
| 13 | Sesame Orange Chicken W/ Rice | | Wheat, Soy, Chicken, Sesame |
| | Mr. Mike's Bbq Chicken Sandwich | | Wheat, Soy, Milk, Chicken, Tomato, Sesame |
| | Cheese Wrapadilla | | Wheat, Milk |
| | Farmer's Market Chicken Salad W/ Dinner Roll | | Wheat, Soy, Egg, Milk, Chicken, Sesame |
| | Turkey & Cheese On Dutch Crunch | | Wheat, Soy, Milk, Turkey, Sesame |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |
| Thursday | | | |
| 14 | Chicken Nuggets W/ Olive Oil & Parmesan Pasta | | Wheat, Soy, Egg, Milk, Chicken, Sesame |
| | Beef Chili W/ Cornbread | | Wheat, Soy, Egg, Milk, Beef, Tomato |
| | B & C Burrito | Veg | Milk, Wheat, Soy |
| | Hummus Rainbow Wrap | Veg | Wheat |
| | Southwest Veggie Taco Salad W/ Tortilla Chips | | Milk, Soy, Tomato, Egg |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |
| Friday | | | Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey |
| 15 | Pepperoni Pizza | | |
| | Cheese Pizza | Veg | Wheat, Soy, Milk, Tomato |
| | Bbq Chicken W/ Rice Pilaf | | Chicken, Tomato |
| | Chicken Caesar Wrap | | Wheat, Chicken, Milk, Egg, Fish |
| | Italian Market Salad | | Wheat, Soy, Milk, Pork, Beef, Turkey |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |
| Monday | | | |
| 18 | Hamburger | | Wheat, Soy, Beef, Sesame |
| | Pasta W/ Olive Oil & Parmesan | Veg | Wheat, Milk |
| | Curry Fried Rice | Veg | Wheat, Soy, Egg, Sesame |
| | Sbj Sammie | Veg | Wheat, Soy, Sesame |
| | Chicken Bacon Ranch Wrap | | Wheat, Milk, Pork, Chicken, Egg, Tomato |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |
| Tuesday | | | Wheat, Soy, Egg, Chicken, Turkey, Sesame |
| 19 | Chicken Corn Dog | | |
| | Chicken Parmesan With Pasta | | Wheat, Soy, Milk, Tomato, Chicken |
| | Veggie Chow Mein | Veg | Wheat, Soy, Egg, Sesame |



| | | | |
|--|------------------|--|---|
| | Bbq Chicken Wrap | | Milk, Chicken, Wheat, Soy, Egg, Fish, Shellfish |
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| | Athenian Chicken Salad W/ Pita Triangles | | |
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| | Wheat, Milk, Chicken, Tomato |
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|--|-----------|--|--|
| | Bagel Kit | | |
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|-----|--------------------------|
| Veg | Wheat, Soy, Milk, Sesame |
|-----|--------------------------|

Wednesday 20

| | | | |
|--|-----------------|--|--|
| | Chicken Calzone | | |
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| | Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato, Sesame |
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|--|-------------------|--|--|
| | Chicken Chow Mein | | |
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| | Wheat, Soy, Egg, Chicken, Sesame |
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| | Pasta W/ Marinara & Mozzarella | | |
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| Veg | Wheat, Egg, Milk, Tomato |
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| | Yogurt Berry Parfait W/ Muffin | | |
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| Veg | Wheat, Egg, Milk, Soy |
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|--|---------------------|--|--|
| | Pesto Caprese Salad | | |
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| Veg | Wheat, Milk, Tomato |
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| | Bagel Kit | | |
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|-----|--------------------------|
| Veg | Wheat, Soy, Milk, Sesame |
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Thursday 21

| | | | |
|--|--------------------------|--|--|
| | Breaded Chicken Sandwich | | |
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|--|-----------------------------------|
| | Wheat, Soy, Milk, Chicken, Sesame |
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| | Chicken Kapama W/ Olive Oil & Parmesan Pasta | | |
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|--|------------------------------|
| | Chicken, Wheat, Milk, Tomato |
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|--|--------------|--|--|
| | Mac & Cheese | | |
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|-----|-------------|
| Veg | Wheat, Milk |
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| | Tex Mex Bistro Box W/ Tortilla Chips | | |
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|--|---------------------------|
| | Soy, Milk, Tomato, Sesame |
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|--|------------------------|--|--|
| | Turkey & Cheese Hoagie | | |
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| | Wheat, Milk, Turkey, Sesame |
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|--|-----------|--|--|
| | Bagel Kit | | |
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| | |
|-----|--------------------------|
| Veg | Wheat, Soy, Milk, Sesame |
|-----|--------------------------|

Friday 22

| | | | |
|--|-----------------|--|--|
| | Pepperoni Pizza | | |
|--|-----------------|--|--|

| | |
|--|--|
| | Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey |
|--|--|

| | | | |
|--|--------------|--|--|
| | Cheese Pizza | | |
|--|--------------|--|--|

| | |
|-----|--------------------------|
| Veg | Wheat, Soy, Milk, Tomato |
|-----|--------------------------|

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|--|-------------------|--|--|
| | Bbq Chicken Pizza | | |
|--|-------------------|--|--|

| | |
|--|---|
| | Wheat, Soy, Milk, Pork, Chicken, Tomato |
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| | | | |
|--|-------------------------------------|--|--|
| | Chicken Caesar Salad W/ Dinner Roll | | |
|--|-------------------------------------|--|--|

| | |
|--|-----------------------------------|
| | Wheat, Soy, Milk, Chicken, Sesame |
|--|-----------------------------------|

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|--|------------------|--|--|
| | Italian Deli Sub | | |
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| | |
|--|--|
| | Wheat, Soy, Milk, Pork, Beef, Turkey, Sesame |
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| | | | |
|--|-----------|--|--|
| | Bagel Kit | | |
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| | |
|-----|--------------------------|
| Veg | Wheat, Soy, Milk, Sesame |
|-----|--------------------------|

Monday 25

| | | | |
|--|------------------|--|--|
| | Bbq Cheeseburger | | |
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|--|--|
| | Wheat, Soy, Milk, Beef, Tomato, Sesame |
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| | Greek Chicken W/ Rice Pilaf | | |
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| | |
|--|---------|
| | Chicken |
|--|---------|

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|--|------------------|--|--|
| | Pasta X Plosion! | | |
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| | |
|-----|---------------------|
| Veg | Wheat, Milk, Tomato |
|-----|---------------------|

| | | | |
|--|--------------------------|--|--|
| | Turkey & Cheese Sandwich | | |
|--|--------------------------|--|--|

| | |
|--|----------------------------------|
| | Wheat, Soy, Milk, Turkey, Sesame |
|--|----------------------------------|

| | | | |
|--|---------------------|--|--|
| | Chicken Caesar Wrap | | |
|--|---------------------|--|--|

| | |
|--|---------------------------------|
| | Wheat, Chicken, Milk, Egg, Fish |
|--|---------------------------------|

| | | | |
|--|-----------|--|--|
| | Bagel Kit | | |
|--|-----------|--|--|

| | |
|-----|--------------------------|
| Veg | Wheat, Soy, Milk, Sesame |
|-----|--------------------------|

Tuesday 26

| | | | |
|--|--------------|--|--|
| | Beef Hot Dog | | |
|--|--------------|--|--|

| | |
|--|--------------------------|
| | Wheat, Soy, Beef, Sesame |
|--|--------------------------|

| | | | |
|--|-------------------|--|--|
| | Bbq Chicken Pasta | | |
|--|-------------------|--|--|

| | |
|--|------------------------------|
| | Chicken, Wheat, Milk, Tomato |
|--|------------------------------|



| | | |
|---|-----|--|
| Broccoli Cheddar Potato Bowl W/ Dinner Roll | Veg | Wheat, Soy, Egg, Milk, Sesame |
| Sbj Sammie | Veg | Wheat, Soy, Sesame |
| Smoked Chicken Wrap | | Wheat, Soy, Egg, Milk, Chicken, Tomato |
| Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |

Wednesday

27

| | | |
|--|-----|--|
| Popcorn Chicken & Tater Bowl | | Soy, Milk, Chicken, Wheat |
| Chicken Parm Hoagie | | Wheat, Soy, Milk, Chicken, Tomato, Sesame |
| Pasta Primavera | Veg | Wheat, Milk, Soy |
| Chicken Bacon Ranch Salad W/ Dinner Roll | | Wheat, Soy, Egg, Milk, Pork, Chicken, Tomato, Sesame |
| Turkey & Cheese On Dutch Crunch | | Wheat, Soy, Milk, Turkey, Sesame |
| Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |

Thursday 28

| | | |
|----------------------------------|-----|--|
| Chicken & Rice Soup | | Wheat, Soy, Chicken, Sesame |
| Chicken Nuggets W/ Rice Pilaf | | Wheat, Soy, Egg, Milk, Chicken, Sesame |
| Cheese Ravioli W/ Marinara Sauce | Veg | Egg, Milk, Wheat, Tomato |
| Picnic Bistro Box | | Wheat, Soy, Milk, Chicken, Sesame |
| Cobb Salad Wrap | | Wheat, Soy, Egg, Milk, Tomato, Turkey |
| Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |

Friday 29

| | | |
|------------------------|-----|--|
| Pepperoni Pizza | | Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey |
| Cheese Pizza | Veg | Wheat, Soy, Milk, Tomato |
| Louisiana Jambalaya | | Beef, Tomato, Turkey |
| Asian Chicken Wrap | | Wheat, Soy, Milk, Chicken, Sesame |
| Santa Fe Chicken Salad | | Chicken, Milk, Tomato, Soy, Egg |
| Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |



UNIVERSITY PREPERATORY ACADEMY
CHARTER HIGH SCHOOL
AUGUST

BREAKFAST K-12
2025-2026



| Date | Menu Item | Allergens |
|--------------------|---------------------------------------|--|
| Wednesday | | |
| 6 | Maple Chicken Biscuit | Wheat, Soy, Milk, Chicken, Sesame |
| | Sunbutter & Jelly Sandwich | Wheat, Soy, Sesame |
| | Breakfast Cereal | Wheat, Soy, Milk, Pork, Beef |
| Thursday 7 | Pancake Bites | Wheat, Soy, Egg, Milk, Sesame |
| | Glazed Donut Holes | Wheat, Soy, Egg, Milk, Sesame |
| | Breakfast Cereal | Wheat, Soy, Milk, Pork, Beef |
| Friday 8 | Denver Scramble Burrito | Wheat, Soy, Egg, Milk, Pork |
| | Pan De Elote | Wheat, Soy, Egg, Milk, Sesame |
| | Breakfast Cereal | Wheat, Soy, Milk, Pork, Beef |
| <hr/> | | |
| Monday 11 | Apple Cinnamon Frudel | Veg Wheat, Soy, Egg, Milk |
| | Bagel W/ Cream Cheese | Wheat, Soy, Milk, Sesame |
| | Breakfast Cereal | Wheat, Soy, Milk, Pork, Beef |
| Tuesday 12 | French Toast Sticks | Wheat, Soy, Egg, Milk, Sesame |
| | Concha | Wheat, Soy, Egg, Milk, Sesame |
| | Breakfast Cereal | Wheat, Soy, Milk, Pork, Beef |
| Wednesday | | |
| 13 | Maple Chicken Biscuit | Wheat, Soy, Milk, Chicken, Sesame |
| | Breakfast Muffin | Wheat, Soy, Egg, Milk |
| | Breakfast Cereal | Wheat, Soy, Milk, Pork, Beef |
| Thursday 14 | Sausage & Cheese Biscuit | Wheat, Soy, Egg, Milk, Pork, Beef, Chicken, Turkey, Sesame |
| | Cinnamon Crumble | Pork, Milk, Wheat, Soy |
| | Breakfast Cereal | Wheat, Soy, Milk, Pork, Beef |
| Friday 15 | Cherry Frudel | Wheat, Soy, Egg, Milk |
| | Cinnamon Raisin Bagel W/ Cream Cheese | Wheat, Soy, Milk, Pork, Sesame |
| | Breakfast Cereal | Wheat, Soy, Milk, Pork, Beef |
| <hr/> | | |
| Monday 18 | Melted Cheese Bagel | Wheat, Soy, Milk, Sesame |

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| | | | |
|--------------------|---------------------------------------|-----|-------------------------------------|
| | Double Chocolate Muffin Top | | Wheat, Soy, Egg, Milk, Sesame |
| | Breakfast Cereal | | Wheat, Soy, Milk, Pork, Beef |
| Tuesday 19 | Breakfast Burrito | | Wheat, Soy, Egg, Pork, Beef, Turkey |
| | Bagel W/ Cream Cheese | | Wheat, Soy, Milk, Sesame |
| | Breakfast Cereal | | Wheat, Soy, Milk, Pork, Beef |
| Wednesday | | | |
| 20 | Maple Chicken Biscuit | | Wheat, Soy, Milk, Chicken, Sesame |
| | Sunbutter & Jelly Sandwich | | Wheat, Soy, Sesame |
| | Breakfast Cereal | | Wheat, Soy, Milk, Pork, Beef |
| Thursday 21 | Apple Cinnamon Frudel | Veg | Wheat, Soy, Egg, Milk |
| | Pan De Elote | | Wheat, Soy, Egg, Milk, Sesame |
| | Breakfast Cereal | | Wheat, Soy, Milk, Pork, Beef |
| Friday 22 | Southwest Breakfast Burrito | | Egg, Milk, Wheat, Soy |
| | String Cheese W/ Mini Muffin | | Milk, Wheat, Soy, Egg |
| | Breakfast Cereal | | Wheat, Soy, Milk, Pork, Beef |
| <hr/> | | | |
| Monday 25 | Melted Cheese Bagel | | Wheat, Soy, Milk, Sesame |
| | Breakfast Muffin | | Wheat, Soy, Egg, Milk |
| | Breakfast Cereal | | Wheat, Soy, Milk, Pork, Beef |
| Tuesday 26 | Cherry Frudel | | Wheat, Soy, Egg, Milk |
| | Yogurt W/ Grahams | | Wheat, Soy, Milk |
| | Breakfast Cereal | | Wheat, Soy, Milk, Pork, Beef |
| Wednesday | | | |
| 27 | Maple Chicken Biscuit | | Wheat, Soy, Milk, Chicken, Sesame |
| | Bagel W/ Cream Cheese | | Wheat, Soy, Milk, Sesame |
| | Breakfast Cereal | | Wheat, Soy, Milk, Pork, Beef |
| Thursday 28 | French Toast Sticks | | Wheat, Soy, Egg, Milk, Sesame |
| | Sunbutter & Jelly Sandwich | | Wheat, Soy, Sesame |
| | Breakfast Cereal | | Wheat, Soy, Milk, Pork, Beef |
| Friday 29 | Breakfast Chilaquilles | | Wheat, Soy, Egg, Milk |
| | Cinnamon Raisin Bagel W/ Cream Cheese | | Wheat, Soy, Milk, Pork, Sesame |
| | Breakfast Cereal | | Wheat, Soy, Milk, Pork, Beef |



UNIVERSITY PREPERATORY ACADEMY
CHARTER HIGH SCHOOL
AUGUST

Vegan / Gluten
Free



| Date | Menu Item | Allergens |
|--------------------|---|---------------|
| Wednesday | | |
| 6 | Vegan Fried Rice | V Soy, Sesame |
| Thursday 7 | Vegan Burrito Bowl | V Tomato |
| Friday 8 | Vegan Tikka Masala | V Tomato |
| Monday 11 | Myo Vegan Tacos | V Tomato |
| Tuesday 12 | Vegan Pinto Pozole W/ Tortilla Chips | V Tomato |
| Wednesday | | |
| 13 | Vegan Spanish Beans W/ Cilantro Lime Rice | V Tomato |
| Thursday 14 | Vegan Red Beans & Rice | Tomato |
| Friday 15 | Vegan 3 Bean Chili W/ Tortilla Chips | V Tomato |
| Monday 18 | Vegan Fried Rice | V Soy, Sesame |
| Tuesday 19 | Vegan Burrito Bowl | V Tomato |
| Wednesday | | |
| 20 | Vegan Tikka Masala | V Tomato |
| Thursday 21 | Myo Vegan Tacos | V Tomato |
| Friday 22 | Vegan Pinto Pozole W/ Tortilla Chips | V Tomato |
| Monday 25 | Vegan Spanish Beans W/ Cilantro Lime Rice | V Tomato |
| Tuesday 26 | Vegan Red Beans & Rice | Tomato |
| Wednesday | | |
| 27 | Vegan Fried Rice | V Soy, Sesame |
| Thursday 28 | Vegan Burrito Bowl | V Tomato |
| Friday 29 | Vegan Tikka Masala | V Tomato |



UNIVERSITY PREPERATORY ACADEMY
CHARTER HIGH SCHOOL
AUGUST

Field Trip



| Date | Menu Item | Allergens |
|--------------------|--------------------------|----------------------------------|
| Wednesday | | |
| 6 | Turkey & Cheese Sandwich | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg Wheat, Soy, Sesame |
| | Bagel Kit | Veg Wheat, Soy, Milk, Sesame |
| Thursday 7 | Turkey & Cheese Sandwich | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg Wheat, Soy, Sesame |
| | Bagel Kit | Veg Wheat, Soy, Milk, Sesame |
| Friday 8 | Turkey & Cheese Sandwich | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg Wheat, Soy, Sesame |
| | Bagel Kit | Veg Wheat, Soy, Milk, Sesame |
| <hr/> | | |
| Monday 11 | Turkey & Cheese Sandwich | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg Wheat, Soy, Sesame |
| | Bagel Kit | Veg Wheat, Soy, Milk, Sesame |
| Tuesday 12 | Turkey & Cheese Sandwich | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg Wheat, Soy, Sesame |
| | Bagel Kit | Veg Wheat, Soy, Milk, Sesame |
| <hr/> | | |
| Wednesday | | |
| 13 | Turkey & Cheese Sandwich | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg Wheat, Soy, Sesame |
| | Bagel Kit | Veg Wheat, Soy, Milk, Sesame |
| Thursday 14 | Turkey & Cheese Sandwich | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg Wheat, Soy, Sesame |
| | Bagel Kit | Veg Wheat, Soy, Milk, Sesame |
| Friday 15 | Turkey & Cheese Sandwich | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg Wheat, Soy, Sesame |
| | Bagel Kit | Veg Wheat, Soy, Milk, Sesame |
| <hr/> | | |
| Monday 18 | Turkey & Cheese Sandwich | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg Wheat, Soy, Sesame |
| | Bagel Kit | Veg Wheat, Soy, Milk, Sesame |



| | | | |
|--------------------|--------------------------|-----|----------------------------------|
| Tuesday 19 | Turkey & Cheese Sandwich | | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg | Wheat, Soy, Sesame |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |
| Wednesday | | | |
| 20 | Turkey & Cheese Sandwich | | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg | Wheat, Soy, Sesame |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |
| Thursday 21 | Turkey & Cheese Sandwich | | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg | Wheat, Soy, Sesame |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |
| Friday 22 | Turkey & Cheese Sandwich | | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg | Wheat, Soy, Sesame |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |
| <hr/> | | | |
| Monday 25 | Turkey & Cheese Sandwich | | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg | Wheat, Soy, Sesame |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |
| Tuesday 26 | Turkey & Cheese Sandwich | | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg | Wheat, Soy, Sesame |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |
| Wednesday | | | |
| 27 | Turkey & Cheese Sandwich | | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg | Wheat, Soy, Sesame |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |
| Thursday 28 | Turkey & Cheese Sandwich | | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg | Wheat, Soy, Sesame |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |
| Friday 29 | Turkey & Cheese Sandwich | | Wheat, Soy, Milk, Turkey, Sesame |
| | Sbj Sammie | Veg | Wheat, Soy, Sesame |
| | Bagel Kit | Veg | Wheat, Soy, Milk, Sesame |

