

Monday	Tuesday	Wednesday	Thursday	Friday
3 - Cheeseburger - Sesame Orange Chicken W/Rice - Pasta X Plosion! - Sbj Sammie - Chicken Fajita Wrap - Bagel Kit	4 - Spaghetti W/Beef Meatsauce - Beef Hot Dog - Black Bean & Veggie Burrito - Teriyaki Chicken Sushi Bowl - Cali Bistro Box - Bagel Kit	5 - Chicken Enchiladas - Mr. Mike's Bbq Chicken Sandwich - Cheese Wrapadilla - Farmers Market Chik Salad,Roll - Turkey & Cheese On Dutch Crunc - Bagel Kit	6 - Chicken Nuggets W/Oo.Pasta - Beef Chili W/ Cornbread - B&C Burrito - Hummus Rainbow Wrap - Southwest Veg Taco Salad, Chip - Bagel Kit	7 - Pepperoni Pizza - Cheese Pizza - Chicken Parmesan With Pasta - Chicken Caesar Wrap - Italian Market Salad - Bagel Kit
10 - Bbq Cheeseburger - Pasta W/ Olive Oil & Cheese - Curry Fried Rice (Veg) - Sbj Sammie - Chicken Bacon Ranch Wrap - Bagel Kit	11 No meal service	12 - Breaded Chicken Sandwich - Chicken Chow Mein - Pasta W/ Marinara&Cheese - Yogurt Berry Parfait & Muffin - Pesto Caprece Salad - Bagel Kit	13 - Chicken Calzone - Chicken Kapama W/Oo And Pasta - Cheese Ravioli &Marinara Sauce - Tex Mex Bistro Box W/ T.Chips - Turkey And Cheese Hoagie - Bagel Kit	14 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Pizza - Chicken Caesar Salad W/Wg Roll - Italian Deli Sub - Bagel Kit
17 - Hamburger - Greek Chicken & Rice Pilaf - Pasta Primavera - Turkey And Cheese Sandwich - Chicken Caesar Wrap - Bagel Kit	18 - Beef Hot Dog - Boneless Buffalo Wings & Rice - Cheesy Breadsticks & Marinara - Sbj Sammie - Smoked Chicken Wrap - Bagel Kit	19 - Chicken & Rice Soup - Teriyaki Chicken W/ Rice & Veg - Broccoli Ched Potato Bowl,Roll - Chicken Bacon Rnch Salad W/Rol - Turkey & Cheese On Dutch Crunc - Bagel Kit	20 - Chicken Nuggets W/ Rice Pilaf - Wet Chicken Burrito - Pasta X Plosion! - Picnic Bistro Box - Cobb Salad Wrap - Bagel Kit	21 - Pepperoni Pizza - Cheese Pizza - Chicken Parm Hoagie - Asian Chicken Wrap - Santa Fe Chicken Salad - Bagel Kit
24 No meal service	25 No meal service	26 No meal service	27 No meal service	28 No meal service

Drinks



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
3 - Apple Cinnamon Frudel - Bagel W/ Cream Cheese (Brk) - Breakfast Cereal	4 - French Toast Sticks - Concha - Breakfast Cereal	5 - Maple Chicken Biscuit - Breakfast Muffins - Breakfast Cereal	6 - Sausage Egg & Cheese Biscuit - Cinnamon Crumble - Breakfast Cereal	7 - Cherry Frudel - Cinnamon Raisin Bagel W/ Cc - Breakfast Cereal
10 - Melted Cheese Bagel - Double Chocolate Muffin Top - Breakfast Cereal	11 No meal service	12 - Bagel W/ Cream Cheese (Brk) - Breakfast Cereal	13 - Apple Cinnamon Frudel - Pan De Elote - Breakfast Cereal	14 - Southwest Breakfast Burrito(v) - String Cheese And Mini Muffin - Breakfast Cereal
17 - Melted Cheese Bagel - Breakfast Muffins - Breakfast Cereal	18 - Cherry Frudel - Concha - Breakfast Cereal	19 - Maple Chicken Biscuit - Cinnamon Raisin Bagel W/ Cc - Breakfast Cereal	20 - French Toast Sticks - Sunbutter & Jelly Sandwich Brk - Breakfast Cereal	21 - Breakfast Chilaquiles - Glazed Donut Holes - Breakfast Cereal
24 No meal service	25 No meal service	26 No meal service	27 No meal service	28 No meal service

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Vegan / Gluten Free NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
3 - Myo Vegan Tacos	4 - Vegan Pinto Pozole W/T. Chips	5 - Vegan Spanish Beans W/ Rice	6 - Vegan Red Beans & Rice	7 - Vegan 3 Bean Chili W/ T.Chips
10 - Vegan Fried Rice	11 No meal service	12 - Vegan Chickpea Tikka Masala	13 - Myo Vegan Tacos	14 - Vegan Pinto Pozole W/T. Chips
17 - Vegan Spanish Beans W/ Rice	18 - Vegan Red Beans & Rice	19 - Vegan 3 Bean Chili W/ T.Chips	20 - Vegan Fried Rice	21 - Vegan Bean Burrito Bowl
24 No meal service	25 No meal service	26 No meal service	27 No meal service	28 No meal service

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



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FIELD TRIP NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
3 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit	4 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit	5 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit	6 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit	7 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit
10 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit	11 No meal service	12 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit	13 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit	14 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit
17 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit	18 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit	19 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit	20 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit	21 - Turkey And Cheese Sandwich - Sbj Sammie - Bagel Kit
24 No meal service	25 No meal service	26 No meal service	27 No meal service	28 No meal service

Drinks

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



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UNIVERSITY PREPERATORY ACADEMY
CHARTER HIGH SCHOOL
NOVEMBER

LUNCH K-8 & 9-12
2025-2026



Date	Menu Item	Allergens
Monday 3	Cheeseburger	Wheat, Soy, Milk, Beef, Sesame
	Sesame Orange Chicken W/Rice	Wheat, Soy, Chicken, Sesame
	Pasta X Plosion!	Veg Wheat, Milk, Tomato
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Chicken Fajita Wrap	Wheat, Soy, Egg, Milk, Chicken, Tomato
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Tuesday 4	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, Milk, Chicken, Sesame
	Cali Bistro Box	Wheat, Soy, Egg, Milk
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Wednesday 5	Chicken Enchiladas	Soy, Milk, Chicken, Tomato, Sesame
	Mr. Mike's Bbq Chicken Sandwic	Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Cheese Wrapadilla	Wheat, Milk
	Farmers Market Chik Salad,Roll	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Turkey & Cheese On Dutch Crunc	Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Thursday 6	Chicken Nuggets W/Oo.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 Veg Taco Salad, Chip	Milk, Soy, Tomato, Egg
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Friday 7	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg Wheat, Soy, Milk, Tomato
	Chicken Parmesan With Pasta	Wheat, Soy, Milk, Tomato, Chicken
	Chicken Caesar Wrap	Wheat, Egg, Milk, Chicken
	Italian Market Salad	Wheat, Soy, Milk, Pork, Beef, Turkey

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Bagel Kit

Veg Wheat, Soy, Milk, Sesame

Monday 10

Bbq Cheeseburger

Wheat, Soy, Milk, Beef, Tomato, Sesame

Pasta W/ Olive Oil & Cheese

Veg Wheat, Milk

Curry Fried Rice (Veg)

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

Wednesday**12**

Breaded Chicken Sandwich

Wheat, Soy, Milk, Chicken, Sesame

Chicken Chow Mein

Wheat, Soy, Egg, Milk, Chicken, Sesame

Pasta W/ Marinara&Cheese

Veg Wheat, Egg, Milk, Tomato

Yogurt Berry Parfait & Muffin

Veg Wheat, Egg, Milk, Soy

Pesto Caprece Salad

Veg Wheat, Milk, Tomato

Bagel Kit

Veg Wheat, Soy, Milk, Sesame

Thursday 13

Chicken Calzone

Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato

Chicken Kapama W/Oo And Pasta

Chicken, Wheat, Milk, Tomato

Cheese Ravioli & Marinara Sauce

Veg Egg, Milk, Wheat, Tomato

Tex Mex Bistro Box W/ T.Chips

Soy, Milk, Tomato

Turkey And Cheese Hoagie

Wheat, Milk, Turkey, Sesame

Bagel Kit

Veg Wheat, Soy, Milk, Sesame

Friday 14

Pepperoni Pizza

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

Cheese Pizza

Veg Wheat, Soy, Milk, Tomato

Bbq Chicken Pizza

Wheat, Soy, Milk, Chicken, Tomato

Chicken Caesar Salad W/Wg Roll

Wheat, Soy, Milk, Chicken, Sesame

Italian Deli Sub

Wheat, Soy, Milk, Pork, Beef, Turkey, Sesame

Bagel Kit

Veg Wheat, Soy, Milk, Sesame

Monday 17

Hamburger

Wheat, Soy, Beef, Sesame

Greek Chicken & Rice Pilaf

Soy, Milk, Chicken

Pasta Primavera

Veg Wheat, Milk, Soy

Turkey And Cheese Sandwich

Wheat, Soy, Milk, Turkey, Sesame

Chicken Caesar Wrap

Wheat, Egg, Milk, Chicken

Bagel Kit

Veg Wheat, Soy, Milk, Sesame

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Tuesday 18	Beef Hot Dog		Wheat, Soy, Beef, Sesame
	Boneless Buffalo Wings & Rice		Wheat, Soy, Milk, Chicken, Sesame
	Cheesy Breadsticks & Marinara	Veg	Wheat, Soy, Milk, Tomato, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Smoked Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken, Tomato
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame

Wednesday

19	Chicken & Rice Soup		Wheat, Soy, Milk, Chicken, Sesame
	Teriyaki Chicken W/ Rice & Veg		Wheat, Soy, Milk, Chicken, Sesame
	Broccoli Ched Potato Bowl, Roll	Veg	Wheat, Soy, Egg, Milk, Sesame
	Chicken Bacon Rnch Salad W/Rol		Wheat, Soy, Egg, Milk, Pork, Chicken, Tomato, Sesame
	Turkey & Cheese On Dutch Crunc		Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame

Thursday 20

	Chicken Nuggets W/ Rice Pilaf		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Wet Chicken Burrito		Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Pasta X Plosion!	Veg	Wheat, Milk, 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 21

	Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Veg	Wheat, Soy, Milk, Tomato
	Chicken Parm Hoagie		Wheat, Soy, Milk, Chicken, Tomato, Sesame
	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
NOVEMBER

BREAKFAST K-12
2025-2026



Date	Menu Item	Allergens
Monday 3	Apple Cinnamon Frudel	Veg Wheat, Soy, Egg, Milk
	Bagel W/ Cream Cheese (Brk)	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Pork
Tuesday 4	French Toast Sticks	Wheat, Soy, Egg, Milk
	Concha	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Pork
Wednesday		
5	Maple Chicken Biscuit	Wheat, Soy, Milk, Chicken, Sesame
	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Pork
Thursday 6	Sausage Egg & Cheese Biscuit	Wheat, Soy, Egg, Milk, Pork, Beef, Chicken, Turkey, Sesame
	Cinnamon Crumble	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Pork
Friday 7	Cherry Frudel	Wheat, Soy, Egg, Milk
	Cinnamon Raisin Bagel W/ Cc	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Pork
Monday 10	Melted Cheese Bagel	Wheat, Soy, Milk, Sesame
	Double Chocolate Muffin Top	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Pork
Wednesday		
12	Bagel W/ Cream Cheese (Brk)	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Pork
Thursday 13	Apple Cinnamon Frudel	Veg Wheat, Soy, Egg, Milk
	Pan De Elote	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Pork
Friday 14	Southwest Breakfast Burrito(v)	Egg, Milk, Wheat, Soy
	String Cheese And Mini Muffin	Milk, Wheat, Soy, Egg
	Breakfast Cereal	Wheat, Soy, Pork
Monday 17	Melted Cheese Bagel	Wheat, Soy, Milk, Sesame

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Monday 17	Hot Rod Cheese Bagel	Wheat, Soy, Milk, Sesame
	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Pork
Tuesday 18	Cherry Frudel	Wheat, Soy, Egg, Milk
	Concha	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Pork
Wednesday		
19	Maple Chicken Biscuit	Wheat, Soy, Milk, Chicken, Sesame
	Cinnamon Raisin Bagel W/ Cc	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Pork
Thursday 20	French Toast Sticks	Wheat, Soy, Egg, Milk
	Sunbutter & Jelly Sandwich Brk	Wheat, Soy, Sesame
	Breakfast Cereal	Wheat, Soy, Pork
Friday 21	Breakfast Chilaquiles	Wheat, Soy, Egg, Milk
	Glazed Donut Holes	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Pork



UNIVERSITY PREPERATORY ACADEMY
CHARTER HIGH SCHOOL
NOVEMBER

Vegan / Gluten
Free



Date	Menu Item	Allergens
Monday 3	Myo Vegan Tacos	V Tomato
Tuesday 4	Vegan Pinto Pozole W/T. Chips	V Tomato
Wednesday 5	Vegan Spanish Beans W/ Rice	V Tomato
Thursday 6	Vegan Red Beans & Rice	Tomato
Friday 7	Vegan 3 Bean Chili W/ T.Chips	V Tomato
Monday 10	Vegan Fried Rice	V Soy, Sesame
Wednesday 12	Vegan Chickpea Tikka Masala	V Tomato
Thursday 13	Myo Vegan Tacos	V Tomato
Friday 14	Vegan Pinto Pozole W/T. Chips	V Tomato
Monday 17	Vegan Spanish Beans W/ Rice	V Tomato
Tuesday 18	Vegan Red Beans & Rice	Tomato
Wednesday 19	Vegan 3 Bean Chili W/ T.Chips	V Tomato
Thursday 20	Vegan Fried Rice	V Soy, Sesame
Friday 21	Vegan Bean Burrito Bowl	V Tomato

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UNIVERSITY PREPERATORY ACADEMY
CHARTER HIGH SCHOOL
NOVEMBER

FIELD TRIP



Date	Menu Item	Allergens
Monday 3	Turkey And Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Tuesday 4	Turkey And Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Wednesday		
5	Turkey And Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Thursday 6	Turkey And Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Friday 7	Turkey And Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Monday 10	Turkey And Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Wednesday		
12	Turkey And Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Thursday 13	Turkey And Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Friday 14	Turkey And Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
Monday 17	Turkey And Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame

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Monday 17	Turkey And Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Tuesday 18	Turkey And Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Wednesday			
19	Turkey And Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Thursday 20	Turkey And Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
Friday 21	Turkey And Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame

