

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> - Bbq Cheeseburger - Pasta W/ Olive Oil & Parmesan 🌿 - Veggie Chow Mein 🌿 - Chicken Bacon Ranch Wrap - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>3</b> - Sweet And Sour Chicken - Pesto Chicken Hoagie - Pasta W/ Marinara & Mozzarella Cheese 🌿 - Turkey And Cheese Hoagie - Athenian Chicken Salad W/ Rice Pilaf - Bagel Kit 🌿	<b>4</b> - Bbq Chicken W/ Rice Pilaf - Chicken Chow Mein - Black Bean & Veggie Burrito 🌿 - Chicken Salad On A Hoagie - Yogurt Berry Parfait W/ Muffin 🌿 - Bagel Kit 🌿	<b>5</b> - Buffalo Chicken Hoagie 🌶️ - Chicken & Rice Soup - Mac And Cheese 🌿 - Italian Deli Grinder - Asian Chicken Salad - Bagel Kit 🌿	<b>6</b> - Pepperoni Pizza - Cheese Pizza 🌿 - Pesto Chicken Pizza - Bbq Chicken Wrap - Chicken Caesar Salad W/ Dinner Roll - Bagel Kit 🌿
<b>9</b> - Hamburger - Greek Chicken W/ Rice Pilaf - Pasta Primavera 🌿 - Chicken Caesar Wrap - Turkey & Cheese Sandwich - Bagel Kit 🌿	<b>10</b> - Beef Hot Dog - Buffalo Chicken W/ Rice Pilaf 🌶️ - Cheesy Rippers W/ Marinara Sauce 🌿 - Smoked Chicken Wrap - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>11</b> - Teriyaki Chicken W/ Rice & Veggies - Breakfast Burrito - Broccoli Cheddar Potato Bowl W/ Roll 🌿 - Turkey & Cheese On Dutch Crunch - Chicken Bacon Ranch Salad W/ Roll - Bagel Kit 🌿	<b>12</b> - Chicken Nuggets W/ Rice Pilaf - Wet Chicken Burrito 🌶️ - Pasta X Plosion! 🌿 - Cobb Salad Wrap - Picnic Bistro Box - Bagel Kit 🌿	<b>13</b> - Pepperoni Pizza - Cheese Pizza 🌿 - Veggie Supreme Pizza - Asian Chicken Wrap - Santa Fe Chicken Salad - Bagel Kit 🌿
<b>16</b> Staff PD	<b>17</b> - Bbq Chicken Pasta - Chicken Noodle Soup - Veggie Fried Rice - Italian Deli Grinder - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>18</b> - Chicken Calzone - General Tso's Chicken Bowl 🌶️ - Minestrone Soup & Roll 🌿 - Yogurt Berry Parfait W/ Muffin 🌿 - Pesto Caprece Salad 🌿 - Bagel Kit 🌿	<b>19</b> - Sloppy Joe - Chicken Kapama W/ Olive Oil & Parmesan Pasta - Mac And Cheese 🌿 - Breaded Chicken Wrap - Tuna Sandwich - Bagel Kit 🌿	<b>20</b> - Pepperoni Pizza - Cheese Pizza 🌿 - Hang 10 Hawaiian Pizza - Chicken Caesar Salad W/ Dinner Roll - Spicy Chicken Wrap - Bagel Kit 🌿



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



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Monday	Tuesday	Wednesday	Thursday	Friday
<b>23</b> - Maui Burger - Sesame Orange Chicken W/ Rice - Pasta X Plosion! 🌱 - Sbj Sammie 🌱 - Chicken Fajita Wrap - Bagel Kit 🌱	<b>24</b> - Beef Hot Dog - Chicken Fried Rice - Melted Cheese Sandwich - Teriyaki Chicken Sushi Bowl - Cali Bistro Box - Bagel Kit 🌱	<b>25</b> - Penne W/ Beef Meatsauce - Mr. Mike's Bbq Chicken Sandwich - Cheese Wrapadilla - Farmers Market Chicken Salad W/ Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit 🌱	<b>26</b> - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Beef Chili W/ Tortilla Chips 🌶️ - B&C Burrito 🌱 - Hummus Rainbow Wrap 🌱 - Southwest Veggie Taco Salad W/ Tortilla Chips - Bagel Kit 🌱	<b>27</b> - Pepperoni Pizza - Cheese Pizza 🌱 - Bbq Chicken Pizza - Chicken Caesar Wrap - Breaded Chicken Salad - Bagel Kit 🌱
<b>30</b> - Bbq Cheeseburger - Pasta W/ Olive Oil & Parmesan 🌱 - Veggie Chow Mein 🌱 - Sbj Sammie 🌱 - Chicken Bacon Ranch Wrap - Bagel Kit 🌱	<b>31</b> - Sweet And Sour Chicken - Pesto Chicken Hoagie - Pasta W/ Marinara & Mozzarella Cheese 🌱 - Bbq Chicken Wrap - Athenian Chicken Salad W/ Rice Pilaf - Bagel Kit 🌱	<b>1</b>	<b>2</b>	<b>3</b>

## Drinks

1% Milk, Nonfat Chocolate Milk, Nonfat Milk

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> - Melted Cheese Bagel - Double Chocolate Muffin Top - Breakfast Cereal	<b>3</b> - Breakfast Burrito - Bagel W/ Cream Cheese - Breakfast Cereal	<b>4</b> - French Toast Sticks - String Cheese And Mini Muffin - Breakfast Cereal	<b>5</b> - Southwest Breakfast Burrito 🌿 - Pan De Elote - Breakfast Cereal	<b>6</b> - Sausage Egg & Cheese Biscuit - Bagel W/ Cream Cheese - Breakfast Cereal
<b>9</b> - Melted Cheese Bagel - Breakfast Muffins - Breakfast Cereal	<b>10</b> - Denver Scramble Burrito - Concha - Breakfast Cereal	<b>11</b> - Maple Chicken Biscuit - Cinnamon Raisin Bagel W/ Cream Cheese - Breakfast Cereal	<b>12</b> - Pancake Bites W/ Syrup - Sunbutter & Jelly Sandwich 🌿 - Breakfast Cereal	<b>13</b> - Breakfast Chilaquiles - Glazed Donut Holes - Breakfast Cereal
<b>16</b> Staff PD	<b>17</b> - Maple Chicken Biscuit - Chocolate Swirl - Breakfast Cereal	<b>18</b> - Breakfast Bowl W/ Biscuit - String Cheese And Mini Muffin - Breakfast Cereal	<b>19</b> - Apple Cinnamon Frudel 🌿 - Pan De Elote - Breakfast Cereal	<b>20</b> - Breakfast Burrito - Bagel W/ Cream Cheese - Breakfast Cereal
<b>23</b> - Melted Cheese Bagel - Glazed Donut Holes - Breakfast Cereal	<b>24</b> - Pancake Bites W/ Syrup - Concha - Breakfast Cereal	<b>25</b> - Loaded Breakfast Sandwich - Breakfast Muffins - Breakfast Cereal	<b>26</b> - Breakfast Burrito, Vegetarian - Sunbutter & Jelly Sandwich 🌿 - Breakfast Cereal	<b>27</b> - Cherry Frudel - Cinnamon Raisin Bagel W/ Cream Cheese - Breakfast Cereal
<b>30</b> - Melted Cheese Bagel - Double Chocolate Muffin Top - Breakfast Cereal	<b>31</b> - Breakfast Burrito - Bagel W/ Cream Cheese - Breakfast Cereal	<b>1</b>	<b>2</b>	<b>3</b>

**Drinks**  
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# Vegan / Gluten Free MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
2 - Vegan Fried Rice 🌿	3 - Vegan Bean Burrito Bowl 🌿	4 - Vegan Chickpea Tikka Masala 🌿	5 - Myo Vegan Tacos 🌿	6 - Vegan Pinto Pozole W/ Tortilla Chips 🌿
9 - Vegan Spanish Beans W/ Cilantro Lime Rice 🌿	10 - Vegan Red Beans & Rice	11 - Vegan 3 Bean Chili W/ Tortilla Chips 🌿	12 - Vegan Fried Rice 🌿	13 - Vegan Bean Burrito Bowl 🌿
16 Staff PD	17 - Myo Vegan Tacos 🌿	18 - Vegan Pinto Pozole W/ Tortilla Chips 🌿	19 - Vegan Spanish Beans W/ Cilantro Lime Rice 🌿	20 - Vegan Red Beans & Rice
23 - Vegan 3 Bean Chili W/ Tortilla Chips 🌿	24 - Vegan Fried Rice 🌿	25 - Vegan Bean Burrito Bowl 🌿	26 - Vegan Chickpea Tikka Masala 🌿	27 - Myo Vegan Tacos 🌿
30 - Vegan Pinto Pozole W/ Tortilla Chips 🌿	31 - Vegan Spanish Beans W/ Cilantro Lime Rice 🌿	1	2	3

**Drinks**  
1% Milk, Nonfat Chocolate Milk, Nonfat Milk

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# FIELD TRIP MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>3</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>4</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>5</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>6</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿
<b>9</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>10</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>11</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>12</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>13</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿
<b>16</b> Staff PD	<b>17</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>18</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>19</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>20</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿
<b>23</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>24</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>25</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>26</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>27</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿
<b>30</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>31</b> - Turkey & Cheese Sandwich - Sbj Sammie 🌿 - Bagel Kit 🌿	<b>1</b>	<b>2</b>	<b>3</b>

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UNIVERSITY PREPERATORY ACADEMY  
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**MARCH**

LUNCH K-8 & 9-12  
 2025-2026



Date	Menu Item	Allergens
<b>Monday 2</b>	Bbq Cheeseburger	Wheat, Soy, Milk, Beef, Tomato, Sesame
	Pasta W/ Olive Oil & Parmesan	Veg Wheat, Egg, Milk
	Veggie Chow Mein	Veg Wheat, Soy, Egg, Sesame
	Chicken Bacon Ranch Wrap	Wheat, Milk, Pork, Chicken, Egg, Tomato
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
	<b>Tuesday 3</b>	Sweet And Sour Chicken
Pesto Chicken Hoagie		Chicken, Milk, Wheat, Soy
Pasta W/ Marinara & Mozzarella Cheese		Veg Wheat, Egg, Milk, Tomato
Turkey And Cheese Hoagie		Wheat, Milk, Turkey, Sesame
Athenian Chicken Salad W/ Rice Pilaf		Wheat, Milk, Chicken, Tomato
Bagel Kit		Veg Wheat, Soy, Milk, Sesame
<b>Wednesday 4</b>	Bbq Chicken W/ Rice Pilaf	Soy, Milk, Chicken, Tomato
	Chicken Chow Mein	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Black Bean & Veggie Burrito	Veg Milk, Wheat, Tomato
	Chicken Salad On A Hoagie	Wheat, Soy, Milk, Chicken, Sesame
	Yogurt Berry Parfait W/ Muffin	Veg Wheat, Egg, Milk, Soy
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
	<b>Thursday 5</b>	Buffalo Chicken Hoagie
Chicken & Rice Soup		Chicken
Mac And Cheese		Veg Wheat, Milk
Italian Deli Grinder		Wheat, Soy, Milk, Chicken, Tomato, Sesame
Asian Chicken Salad		Wheat, Soy, Milk, Chicken, Sesame
Bagel Kit		Veg Wheat, Soy, Milk, Sesame
<b>Friday 6</b>		Pepperoni Pizza
	Cheese Pizza	Veg Wheat, Soy, Milk, Tomato
	Pesto Chicken Pizza	Wheat, Soy, Milk, Chicken
	Bbq Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken

Chicken Caesar Salad W/ Dinner Roll		Wheat, Soy, Milk, Chicken, Sesame
Bagel Kit	Veg	Wheat, Soy, Milk, Sesame

**Monday 9**

Hamburger		Wheat, Soy, Beef, Sesame
Greek Chicken W/ Rice Pilaf		Soy, Milk, Chicken
Pasta Primavera	Veg	Wheat, Soy, Egg, Milk
Chicken Caesar Wrap		Wheat, Egg, Milk, Chicken
Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
Bagel Kit	Veg	Wheat, Soy, Milk, Sesame

**Tuesday 10**

Beef Hot Dog		Wheat, Soy, Beef, Sesame
Buffalo Chicken W/ Rice Pilaf		Wheat, Soy, Milk, Chicken
Cheesy Rippers W/ Marinara Sauce	Veg	Wheat, Soy, Milk, Tomato
Smoked Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken, Tomato
Sbj Sammie	Veg	Wheat, Soy, Sesame
Bagel Kit	Veg	Wheat, Soy, Milk, Sesame

**Wednesday**

**11**

Teriyaki Chicken W/ Rice & Veggies		Wheat, Soy, Milk, Chicken, Sesame
Breakfast Burrito		Wheat, Soy, Egg, Milk, Pork, Beef
Broccoli Cheddar Potato Bowl W/ Roll	Veg	Wheat, Soy, Egg, Milk, Sesame
Turkey & Cheese On Dutch Crunch		Wheat, Soy, Milk, Turkey
Chicken Bacon Ranch Salad W/ Roll		Wheat, Soy, Egg, Milk, Pork, Chicken, Tomato, Sesame
Bagel Kit	Veg	Wheat, Soy, Milk, Sesame

**Thursday 12**

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, Egg, Milk, Tomato
Cobb Salad Wrap		Wheat, Soy, Egg, Milk, Tomato, Turkey
Picnic Bistro Box		Wheat, Soy, Milk, Chicken
Bagel Kit	Veg	Wheat, Soy, Milk, Sesame

**Friday 13**

Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato
Cheese Pizza	Veg	Wheat, Soy, Milk, Tomato
Veggie Supreme Pizza		Wheat, Tomato, Milk, Soy
Asian Chicken Wrap		Wheat, Soy, Milk, Chicken, Sesame
Santa Fe Chicken Salad		Chicken, Milk, Tomato, Soy, Egg
Bagel Kit	Veg	Wheat, Soy, Milk, Sesame

**Tuesday 17**

Bbq Chicken Pasta		Chicken, Wheat, Milk, Tomato
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	Chicken Noodle Soup		Wheat, Chicken
	Veggie Fried Rice		Wheat, Soy, Egg, Sesame
	Italian Deli Grinder		Wheat, Soy, Milk, Chicken, Tomato, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Wednesday</b>			Wheat, Soy, Egg, Milk, Pork, Chicken, Fish, Tomato
<b>18</b>	Chicken Calzone		Wheat, Soy, Egg, Milk, Chicken, Sesame
	General Tso's Chicken Bowl		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Minestrone Soup & Roll	Veg	Wheat, Soy, Egg, Tomato, Sesame
	Yogurt Berry Parfait W/ Muffin	Veg	Wheat, Egg, Milk, Soy
	Pesto Caprece Salad	Veg	Wheat, Egg, Milk, Tomato
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Thursday 19</b>	Sloppy Joe		Wheat, Soy, Beef, Tomato
	Chicken Kapama W/ Olive Oil & Parmesan Pasta		Chicken, Wheat, Milk, Tomato
	Mac And Cheese	Veg	Wheat, Milk
	Breaded Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken
	Tuna Sandwich		Wheat, Soy, Fish, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Friday 20</b>	Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato
	Cheese Pizza	Veg	Wheat, Soy, Milk, Tomato
	Hang 10 Hawaiian Pizza		Wheat, Soy, Milk, Pork, Tomato
	Chicken Caesar Salad W/ Dinner Roll		Wheat, Soy, Milk, Chicken, Sesame
	Spicy Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Monday 23</b>	Maui Burger		Wheat, Soy, Milk, Beef, Sesame
	Sesame Orange Chicken W/ Rice		Wheat, Soy, Chicken, Sesame
	Pasta X Plosion!	Veg	Wheat, Egg, Milk, Tomato
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Chicken Fajita Wrap		Wheat, Soy, Egg, Milk, Chicken, Tomato
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Tuesday 24</b>	Beef Hot Dog		Wheat, Soy, Beef, Sesame
	Chicken Fried Rice		Wheat, Soy, Egg, Chicken, Sesame
	Melted Cheese Sandwich		Wheat, Soy, Milk
	Teriyaki Chicken Sushi Bowl		Wheat, Soy, Milk, Chicken, Sesame
	Cali Bistro Box		Wheat, Soy, Egg, Milk

Bagel Kit Veg Wheat, Soy, Milk, Sesame

**Wednesday**

**25**

Penne W/ Beef Meatsauce Wheat, Egg, Beef, Milk, Tomato, Soy  
Wheat, Soy, Milk, Chicken, Tomato, Sesame

Mr. Mike's Bbq Chicken Sandwich

Cheese Wrapadilla Wheat, Milk

Farmers Market Chicken Salad W/ Roll Wheat, Soy, Egg, Milk, Chicken, Sesame

Turkey & Cheese On Dutch Crunch Wheat, Soy, Milk, Turkey

Bagel Kit Veg Wheat, Soy, Milk, Sesame

Chicken Nuggets W/ Olive Oil &

Parmesan Pasta Wheat, Soy, Egg, Milk, Chicken, Sesame

Beef Chili W/ Tortilla Chips Soy, 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

**Thursday 26**

**Friday 27**

Pepperoni Pizza Wheat, Soy, Milk, Pork, Beef, Tomato

Cheese Pizza Veg Wheat, Soy, Milk, Tomato

Bbq Chicken Pizza Wheat, Soy, Milk, Chicken, Tomato

Chicken Caesar Wrap Wheat, Egg, Milk, Chicken

Breaded Chicken Salad Wheat, Soy, Egg, Milk, Chicken, Tomato

Bagel Kit Veg Wheat, Soy, Milk, Sesame

**Monday 30**

Bbq Cheeseburger Wheat, Soy, Milk, Beef, Tomato, Sesame

Pasta W/ Olive Oil & Parmesan Veg Wheat, Egg, Milk

Veggie Chow Mein Veg Wheat, Soy, Egg, Sesame

Sbj S sammie Veg Wheat, Soy, Sesame

Chicken Bacon Ranch Wrap Wheat, Milk, Pork, Chicken, Egg, Tomato

Bagel Kit Veg Wheat, Soy, Milk, Sesame

**Tuesday 31**

Sweet And Sour Chicken Wheat, Soy, Egg, Milk, Chicken, Sesame

Pesto Chicken Hoagie Chicken, Milk, Wheat, Soy

Pasta W/ Marinara & Mozzarella Cheese Veg Wheat, Egg, Milk, Tomato

Bbq Chicken Wrap Wheat, Soy, Egg, Milk, Chicken

Athenian Chicken Salad W/ Rice Pilaf Wheat, Milk, Chicken, Tomato

Bagel Kit Veg Wheat, Soy, Milk, Sesame

UNIVERSITY PREPERATORY ACADEMY  
 CHARTER HIGH SCHOOL  
**MARCH**

**BREAKFAST K-12  
 2025-2026**



Date	Menu Item	Allergens
<b>Monday 2</b>	Melted Cheese Bagel	Wheat, Soy, Milk, Sesame
	Double Chocolate Muffin Top	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Pork
<b>Tuesday 3</b>	Breakfast Burrito	Wheat, Soy, Egg, Milk, Pork, Beef
	Bagel W/ Cream Cheese	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Pork
<b>Wednesday</b>		
<b>4</b>	French Toast Sticks	Wheat, Soy, Egg, Milk
	String Cheese And Mini Muffin	Milk, Wheat, Soy, Egg
	Breakfast Cereal	Wheat, Soy, Pork
<b>Thursday 5</b>	Southwest Breakfast Burrito	Veg Egg, Milk, Wheat, Soy
	Pan De Elote	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Pork
<b>Friday 6</b>	Sausage Egg & Cheese Biscuit	Wheat, Soy, Egg, Milk, Pork, Beef, Chicken, Turkey, Sesame
	Bagel W/ Cream Cheese	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Pork
<hr/>		
<b>Monday 9</b>	Melted Cheese Bagel	Wheat, Soy, Milk, Sesame
	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Pork
<b>Tuesday 10</b>	Denver Scramble Burrito	Wheat, Soy, Egg, Milk, Pork
	Concha	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Pork
<b>Wednesday</b>		
<b>11</b>	Maple Chicken Biscuit	Wheat, Soy, Milk, Chicken
	Cinnamon Raisin Bagel W/ Cream Cheese	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	Wheat, Soy, Pork
<b>Thursday 12</b>	Pancake Bites W/ Syrup	Wheat, Soy, Egg, Milk
	Sunbutter & Jelly Sandwich	Veg Wheat, Soy, Sesame

<b>Friday 13</b>	Breakfast Cereal		Wheat, Soy, Pork
	Breakfast Chilaquiles		Wheat, Soy, Egg, Milk, Pork, Beef
	Glazed Donut Holes		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Pork
<hr/>			
<b>Tuesday 17</b>	Maple Chicken Biscuit		Wheat, Soy, Milk, Chicken
	Chocolate Swirl		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Pork
<b>Wednesday 18</b>	Breakfast Bowl W/ Biscuit		Wheat, Soy, Egg, Milk, Pork, Beef, Turkey, Sesame
	String Cheese And Mini Muffin		Milk, Wheat, Soy, Egg
	Breakfast Cereal		Wheat, Soy, Pork
<b>Thursday 19</b>	Apple Cinnamon Frudel	Veg	Wheat, Soy, Egg, Milk
	Pan De Elote		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Pork
<b>Friday 20</b>	Breakfast Burrito		Wheat, Soy, Egg, Milk, Pork, Beef
	Bagel W/ Cream Cheese		Wheat, Soy, Milk, Sesame
	Breakfast Cereal		Wheat, Soy, Pork
<hr/>			
<b>Monday 23</b>	Melted Cheese Bagel		Wheat, Soy, Milk, Sesame
	Glazed Donut Holes		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Pork
<b>Tuesday 24</b>	Pancake Bites W/ Syrup		Wheat, Soy, Egg, Milk
	Concha		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Pork
<b>Wednesday 25</b>	Loaded Breakfast Sandwich		Wheat, Soy, Egg, Milk, Pork, Beef
	Breakfast Muffins		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Pork
<b>Thursday 26</b>	Breakfast Burrito, Vegetarian		Soy, Egg, Milk, Wheat
	Sunbutter & Jelly Sandwich	Veg	Wheat, Soy, Sesame
	Breakfast Cereal		Wheat, Soy, Pork
<b>Friday 27</b>	Cherry Frudel		Wheat, Soy, Egg, Milk
	Cinnamon Raisin Bagel W/ Cream Cheese		Wheat, Soy, Milk, Sesame
	Breakfast Cereal		Wheat, Soy, Pork

**Monday 30**

Melted Cheese Bagel

Wheat, Soy, Milk, Sesame

Double Chocolate Muffin Top

Wheat, Soy, Egg, Milk

Breakfast Cereal

Wheat, Soy, Pork

**Tuesday 31**

Breakfast Burrito

Wheat, Soy, Egg, Milk, Pork, Beef

Bagel W/ Cream Cheese

Wheat, Soy, Milk, Sesame

Breakfast Cereal

Wheat, Soy, Pork



UNIVERSITY PREPERATORY ACADEMY  
 CHARTER HIGH SCHOOL  
**MARCH**

Vegan / Gluten  
 Free



Date	Menu Item	Allergens
<b>Monday 2</b>	Vegan Fried Rice	V Soy, Sesame
<b>Tuesday 3</b>	Vegan Bean Burrito Bowl	V Tomato
<b>Wednesday 4</b>	Vegan Chickpea Tikka Masala	V Tomato
<b>Thursday 5</b>	Myo Vegan Tacos	V Tomato
<b>Friday 6</b>	Vegan Pinto Pozole W/ Tortilla Chips	V Tomato
<b>Monday 9</b>	Vegan Spanish Beans W/ Cilantro Lime Rice	V Tomato
<b>Tuesday 10</b>	Vegan Red Beans & Rice	Tomato
<b>Wednesday 11</b>	Vegan 3 Bean Chili W/ Tortilla Chips	V Tomato
<b>Thursday 12</b>	Vegan Fried Rice	V Soy, Sesame
<b>Friday 13</b>	Vegan Bean Burrito Bowl	V Tomato
<b>Tuesday 17</b>	Myo Vegan Tacos	V Tomato
<b>Wednesday 18</b>	Vegan Pinto Pozole W/ Tortilla Chips	V Tomato
<b>Thursday 19</b>	Vegan Spanish Beans W/ Cilantro Lime Rice	V Tomato
<b>Friday 20</b>	Vegan Red Beans & Rice	Tomato
<b>Monday 23</b>	Vegan 3 Bean Chili W/ Tortilla Chips	V Tomato
<b>Tuesday 24</b>	Vegan Fried Rice	V Soy, Sesame
<b>Wednesday 25</b>	Vegan Bean Burrito Bowl	V Tomato
<b>Thursday 26</b>	Vegan Chickpea Tikka Masala	V Tomato
<b>Friday 27</b>	Myo Vegan Tacos	V Tomato
<b>Monday 30</b>	Vegan Pinto Pozole W/ Tortilla Chips	V Tomato

3162 Baumberg Avenue, Hayward, CA 94070

Monday 30 Vegan Pinto Puzole w/ Tortilla Chips V Tomato

Vegan Spanish Beans W/ Cilantro Lime

Tuesday 31

Rice

V

Tomato

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3162 Baumberg Avenue, Hayward, CA 94070



(650) 596-8008



[lunchmaster@thelunchmaster.com](mailto:lunchmaster@thelunchmaster.com)



[www.thelunchmaster.com](http://www.thelunchmaster.com)

Date	Menu Item	Allergens
<b>Monday 2</b>	Turkey & Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
<b>Tuesday 3</b>	Turkey & Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
<b>Wednesday</b>		
<b>4</b>	Turkey & Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
<b>Thursday 5</b>	Turkey & Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
<b>Friday 6</b>	Turkey & Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
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<b>Monday 9</b>	Turkey & Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
<b>Tuesday 10</b>	Turkey & Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
<b>Wednesday</b>		
<b>11</b>	Turkey & Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame
<b>Thursday 12</b>	Turkey & Cheese Sandwich	Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg Wheat, Soy, Sesame
	Bagel Kit	Veg Wheat, Soy, Milk, Sesame

<b>Friday 13</b>	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
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<b>Tuesday 17</b>	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Wednesday</b>			
<b>18</b>	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Thursday 19</b>	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Friday 20</b>	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
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<b>Monday 23</b>	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Tuesday 24</b>	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Wednesday</b>			
<b>25</b>	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Thursday 26</b>	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
<b>Friday 27</b>	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
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<b>Monday 30</b>	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame

<b>Tuesday 31</b>	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame
	Turkey & Cheese Sandwich		Wheat, Soy, Milk, Turkey, Sesame
	Sbj Sammie	Veg	Wheat, Soy, Sesame
	Bagel Kit	Veg	Wheat, Soy, Milk, Sesame

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