

UNIVERSITY PREPERATORY ACADEMY CHARTER HIGH

SCHOOL JULY

BO LUNCH K-8 & 9-12 2024-
2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 - Cheeseburger - Bbq Chicken Pasta - Broccoli Cheddar Potato Bowl W/ Roll - Turkey And Cheese Sandwich - Chicken Pesto Wrap - Bagel Kit	2 - Beef Hot Dog - Greek Chicken W/ Rice Pilaf - Bean & Cheese Burrito - Sunbutter & Jelly Sandwich - Smoked Chicken Wrap - Bagel Kit	3 - Wet Beef Burrito - Chicken Calzone - Pasta Primavera - Chicken Bacon Ranch Salad W/ Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	4 - Pesto Chicken Sandwich - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce - Tuna Sandwich - Chicken Caesar Wrap - Bagel Kit	5 - Meat Lovers Pizza - Cheese Pizza - Chicken Fajita Bowl - Asian Chicken Wrap - Santa Fe Chicken Salad - Bagel Kit
8 - Hamburger - Chicken Burrito - Vegan Red Beans & Rice - Sunbutter & Jelly Sandwich - Spicy Chicken Wrap - Bagel Kit	9 - Pesto Chicken Over Pasta - Chicken Corn Dog - Minestrone Soup W/ Roll - Italian Deli Sub - Cobb Salad Wrap - Bagel Kit	10 - Chicken Parmesan Hoagie - Teriyaki Chicken W/ Rice & Veggies - Cheesy Bean Dip W/ Tortilla Chips - Yogurt Berry Parfait W/ Muffin - Breaded Chicken Wrap - Bagel Kit	11 - Breaded Chicken Sandwich - Chicken Enchiladas - Mac & Cheese - Breaded Chicken Salad - Egg Salad Sandwich - Bagel Kit	12 - Meat Lovers Pizza - Cheese Pizza - Bbq Chicken Quesadilla - Chicken Caesar Salad W/ Roll - Turkey And Cheese Sandwich - Bagel Kit
15 - Cheeseburger - Beef & Broccoli Bowl - Pasta X Plosion! - Sunbutter & Jelly Sandwich - Turkey And Bacon Wrap - Bagel Kit	16 - Spaghetti W/ Beef Meatsauce - Beef Hot Dog - Black Bean & Veggie Burrito - Teriyaki Chicken Sushi Bowl - Big Kahuna Tuna Wrap - Bagel Kit	17 - Sweet & Sour Chicken Bowl - Mr. Mike's Bbq Chicken Hoagie - Cheese Quesadilla - Farmer's Market Chicken Salad W/ Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	18 - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Beef Chili W/ Cornbread - Bean & Cheese Burrito - Chicken Bacon Ranch Wrap - Southwest Veggie Taco Salad W/ Tortilla Chips - Bagel Kit	19 - Meat Lovers Pizza - Cheese Pizza - Bbq Chicken W/ Rice Pilaf - Bbq Chicken Wrap - Italian Market Salad - Bagel Kit
22 - Hamburger - Pasta W/ Olive Oil & Cheese - Curry Fried Rice - Sunbutter & Jelly Sandwich - Chicken Bacon Ranch Wrap - Bagel Kit	23 - Chicken Corn Dog - Chicken Parmesan W/ Pasta - Veggie Chow Mein - Chicken Caesar Wrap - Athenian Chicken Salad W/ Pita Triangles - Bagel Kit	24 - Beef Burrito - Chicken Chow Mein - Pasta W/ Marinara & Mozzarella Cheese - Yogurt Berry Parfait W/ Muffin - Pesto Caprece Salad - Bagel Kit	25 - Breaded Chicken Sandwich - Chicken Tortilla Soup W/ Tortilla Chips - Mac & Cheese - Farmer's Market Egg Salad W/ Roll - Turkey & Cheese Hoagie - Bagel Kit	26 - Meat Lovers Pizza - Cheese Pizza - Louisiana Jambalaya - Chicken Caesar Salad W/ Roll - Italian Deli Sub - Bagel Kit



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
29 - Cheeseburger - Bbq Chicken Pasta - Broccoli Cheddar Potato Bowl W/ Roll - Turkey And Cheese Sandwich - Chicken Pesto Wrap - Bagel Kit	30 - Beef Hot Dog - Greek Chicken W/ Rice Pilaf - Bean & Cheese Burrito - Sunbutter & Jelly Sandwich - Smoked Chicken Wrap - Bagel Kit	31 - Wet Beef Burrito - Chicken Calzone - Pasta Primavera - Chicken Bacon Ranch Salad W/ Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	1	2

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

This institution is an equal opportunity provider and employer



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SCHOOL JULY

BREAKFAST K-12 2024-2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 - Denver Scramble Burrito - Sunbutter & Jelly Sandwich Brk - Breakfast Cereal	2 - Scrambled Eggs W/ Muffin - Breakfast Muffins - Breakfast Cereal	3 - Pancakes W/ Syrup - Concha - Breakfast Cereal	4 - Maple Chicken Biscuit - Apple Cinnamon Frudel - Breakfast Cereal	5 - Breakfast Chilaquiles - Breakfast Scones - Breakfast Cereal
8 - Melted Cheese Bagel - Bagel W/ Cream Cheese (Brk) - Breakfast Cereal	9 - Breakfast Burrito - String Cheese W/ Mini Muffin - Breakfast Cereal	10 - Breakfast Bowl W/ Biscuit - Concha - Breakfast Cereal	11 - Sausage Egg & Cheese Biscuit - Yogurt W/ Grahams - Breakfast Cereal	12 - Blueberry Crumble - Breakfast Muffins - Breakfast Cereal
15 - French Toast Sticks - Bagel W/ Cream Cheese (Brk) - Breakfast Cereal	16 - Scrambled Eggs W/ Muffin - Breakfast Scones - Breakfast Cereal	17 - Pancakes W/ Syrup - Concha - Breakfast Cereal	18 - Maple Chicken Biscuit - Breakfast Muffins - Breakfast Cereal	19 - Breakfast Chilaquiles - Sunbutter & Jelly Sandwich Brk - Breakfast Cereal
22 - Melted Cheese Bagel - Breakfast Scones - Breakfast Cereal	23 - Breakfast Burrito - Bagel W/ Cream Cheese (Brk) - Breakfast Cereal	24 - Breakfast Bowl W/ Biscuit - Breakfast Muffins - Breakfast Cereal	25 - Sausage Egg & Cheese Biscuit - Yogurt W/ Grahams - Breakfast Cereal	26 - French Toast Sticks - Cheesy Cornbread Muffin - Breakfast Cereal
29 - Denver Scramble Burrito - Sunbutter & Jelly Sandwich Brk - Breakfast Cereal	30 - Scrambled Eggs W/ Muffin - Breakfast Muffins - Breakfast Cereal	31 - Pancakes W/ Syrup - Concha - Breakfast Cereal	1	2

Drinks

1% Milk, Nonfat Chocolate Milk, Nonfat Milk, 1% Milk

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ALL BREAKFAST ENTREES INCLUDE A FRUIT AND MILK



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SCHOOL

JULY

Vegan / Gluten Free



Monday	Tuesday	Wednesday	Thursday	Friday
1 - Vegan Tikka Masala	2 - Vegan Pinto Pozole W/ Tortilla Chips	3 - Vegan Spanish Beans W/ Cilantro Lime Rice	4 - Vegan 3 Bean Chili W/ Tortilla Chips	5 - Vegan Fried Rice
8 - Vegan Bean Burrito Bowl	9 - Myo Vegan Tacos	10 - Vegan Tikka Masala	11 - Vegan Pinto Pozole W/ Tortilla Chips	12 - Vegan Spanish Beans W/ Cilantro Lime Rice
15 - Vegan 3 Bean Chili W/ Tortilla Chips	16 - Vegan Fried Rice	17 - Vegan Bean Burrito Bowl	18 - Myo Vegan Tacos	19 - Vegan Tikka Masala
22 - Vegan Pinto Pozole W/ Tortilla Chips	23 - Vegan Spanish Beans W/ Cilantro Lime Rice	24 - Vegan 3 Bean Chili W/ Tortilla Chips	25 - Vegan Fried Rice	26 - Vegan Bean Burrito Bowl
29 - Myo Vegan Tacos	30 - Vegan Tikka Masala	31 - Vegan Pinto Pozole W/ Tortilla Chips	1	2

Drinks

1% Milk, Nonfat Chocolate Milk, Nonfat Milk, 1% Milk

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