

# UNIVERSITY PREPERATORY ACADEMY CHARTER HIGH

## SCHOOL OCTOBER



LUNCH K-8 & 9-12 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> - Sloppy Joe - Wet Beef Burrito - Vegan Red Beans & Rice - Sunbutter & Jelly Sandwich - Spicy Chicken Wrap - Bagel Kit	<b>1</b> - Pesto Chicken W/ Olive Oil & Parmesan Pasta - Chicken Corn Dog - Veggie Fried Rice - Italian Deli Sub - Cobb Salad Wrap - Bagel Kit	<b>2</b> - Greek Chicken W/ Rice Pilaf - Chicken Enchiladas - Cheesy Bean Dip W/ Tortilla Chips - Yogurt Berry Parfait W/ Muffin - Breaded Chicken Wrap - Bagel Kit	<b>3</b> - Breaded Chicken Sandwich - Teriyaki Chicken W/ Rice & Veggies - Cheese Ravioli W/ Marinara Sauce - Breaded Chicken Salad - Egg Salad Sandwich - Bagel Kit	<b>4</b> - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Pizza - Chicken Caesar Salad W/ Roll - Turkey & Cheese Sandwich - Bagel Kit
<b>7</b> - Cheeseburger - Chicken Fried Rice - Pasta X Plosion! - Sunbutter & Jelly Sandwich - Cobb Salad Wrap - Bagel Kit	<b>8</b> - Spaghetti W/ Beef Meatsauce - Beef Hot Dog - Black Bean & Veggie Burrito - Teriyaki Chicken Sushi Bowl - Big Kahuna Tuna Wrap - Bagel Kit	<b>9</b> - Sweet & Sour Chicken Bowl - Mr. Mike's Bbq Chicken Sandwich - Cheese Quesadilla - Farmer's Market Chicken Salad W/ Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	<b>10</b> - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Beef Chili W/ Cornbread - Bean & Cheese Burrito - Hummus Rainbow Wrap - Southwest Veggie Taco Salad W/ Tortilla Chips - Bagel Kit	<b>11</b> Fall Break
<b>14</b> - Hamburger - Pasta W/ Olive Oil & Parmesan Cheese - Curry Fried Rice - Sunbutter & Jelly Sandwich - Chicken Bacon Ranch Wrap - Bagel Kit	<b>15</b> - Chicken Corn Dog - Chicken Burrito - Veggie Chow Mein - Chicken Caesar Wrap - Athenian Chicken Salad W/ Pita Triangles - Bagel Kit	<b>16</b> - Beef Burrito - Chicken Chow Mein - Pasta W/ Marinara & Mozzarella Cheese - Yogurt Berry Parfait W/ Muffin - Pesto Caprece Salad - Bagel Kit	<b>17</b> - Breaded Chicken Sandwich - Chicken Kapama W/ Olive Oil & Parmesan Pasta - Mac & Cheese - Farmer's Market Egg Salad W/ Roll - Turkey & Cheese Hoagie - Bagel Kit	<b>18</b> - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Pizza - Chicken Caesar Salad W/ Roll - Italian Deli Sub - Bagel Kit
<b>21</b> - Cheeseburger - Bbq Chicken Pasta - Broccoli Cheddar Potato Bowl W/ Roll - Turkey & Cheese Sandwich - Chicken Caesar Wrap - Bagel Kit	<b>22</b> - Beef Hot Dog - Greek Chicken W/ Rice Pilaf - Bean & Cheese Burrito - Sunbutter & Jelly Sandwich - Smoked Chicken Wrap - Bagel Kit	<b>23</b> - Caribbean Jerk Chicken W/ Rice - Chicken Parmesan Hoagie - Pasta Primavera - Chicken Bacon Ranch Salad W/ Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	<b>24</b> - Louisiana Jambalaya - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce - Tuna Sandwich - Chicken Pesto Wrap - Bagel Kit	<b>25</b> - Pepperoni Pizza - Cheese Pizza - Chicken Fajita Bowl - Asian Chicken Wrap - Santa Fe Chicken Salad - 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>28</b> - Hamburger - Wet Beef Burrito - Vegan Red Beans & Rice - Egg Salad Sandwich - Spicy Chicken Wrap - Bagel Kit	<b>29</b> - Pesto Chicken W/ Olive Oil & Parmesan Pasta - Chicken Corn Dog - Vegan Fried Rice - Italian Deli Sub - Cobb Salad Wrap - Bagel Kit	<b>30</b> - Sloppy Joe - Teriyaki Chicken W/ Rice & Veggies - Mac & Cheese - Yogurt Berry Parfait W/ Muffin - Breaded Chicken Wrap - Bagel Kit	<b>31</b> - Breaded Chicken Sandwich - Chicken Enchiladas - Cheesy Bean Dip W/ Tortilla Chips - Breaded Chicken Salad - Sunbutter & Jelly Sandwich - Bagel Kit	<b>1</b>

**Drinks**  
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UNIVERSITY PREPERATORY ACADEMY CHARTER HIGH  
SCHOOL  
**OCTOBER**



BREAKFAST K-12 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> - Melted Cheese Bagel - Bagel W/ Cream Cheese - Breakfast Cereal	<b>1</b> - Breakfast Burrito - Bagel W/ Cream Cheese - Breakfast Cereal	<b>2</b> - Breakfast Bowl W/Biscuit - Concha - Breakfast Cereal	<b>3</b> - Sausage Egg & Cheese Biscuit - Yogurt W/ Grahams - Breakfast Cereal	<b>4</b> - Denver Scramble Burrito - Cherry Frudel - Breakfast Cereal
<b>7</b> - French Toast Sticks - Bagel W/ Cream Cheese - Breakfast Cereal	<b>8</b> - Scrambled Eggs W/Muffin Brk - Breakfast Scones - Breakfast Cereal	<b>9</b> - Chicken Patty Biscuit - Concha - Breakfast Cereal	<b>10</b> - Pancakes W/Syrup Brk - Breakfast Muffins - Breakfast Cereal	<b>11</b> Fall Break
<b>14</b> - Melted Cheese Bagel - Breakfast Scones - Breakfast Cereal	<b>15</b> - Breakfast Burrito - Bagel W/ Cream Cheese - Breakfast Cereal	<b>16</b> - Breakfast Bowl W/Biscuit - Breakfast Muffins - Breakfast Cereal	<b>17</b> - Sausage Egg & Cheese Biscuit - Cinnamon Swirl - Breakfast Cereal	<b>18</b> - French Toast Sticks - Cheesy Cornbread Muffin - Breakfast Cereal
<b>21</b> - Denver Scramble Burrito - Sbj Sandwich - Breakfast Cereal	<b>22</b> - Scrambled Eggs W/Muffin Brk - Bagel W/ Cream Cheese - Breakfast Cereal	<b>23</b> - Pancakes W/Syrup Brk - Concha - Breakfast Cereal	<b>24</b> - Chicken Patty Biscuit - Apple Cinnamon Frudel - Breakfast Cereal	<b>25</b> - Breakfast Chilaquiles - Breakfast Scones - Breakfast Cereal
<b>28</b> - Melted Cheese Bagel - Bagel W/ Cream Cheese - Breakfast Cereal	<b>29</b> - Breakfast Burrito - Cowboy Bread - Breakfast Cereal	<b>30</b> - Breakfast Bowl W/Biscuit - Concha - Breakfast Cereal	<b>31</b> - Sausage Egg & Cheese Biscuit - Yogurt W/ Grahams - Breakfast Cereal	<b>1</b>

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UNIVERSITY PREPERATORY ACADEMY CHARTER HIGH  
SCHOOL  
**OCTOBER**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> - Vegan Fried Rice	<b>1</b> - Myo Vegan Tacos	<b>2</b> - Vegan Chickpea Tikka Masala	<b>3</b> - Vegan Pinto Pozole W/ Tortilla Chips	<b>4</b> - Vegan Spanish Beans W/ Cilantro Lime Rice
<b>7</b> - Vegan 3 Bean Chili W/ Tortilla Chips	<b>8</b> - Vegan Fried Rice	<b>9</b> - Vegan Bean Burrito Bowl	<b>10</b> - Myo Vegan Tacos	<b>11</b> Fall Break
<b>14</b> - Vegan Pinto Pozole W/ Tortilla Chips	<b>15</b> - Vegan Spanish Beans W/ Cilantro Lime Rice	<b>16</b> - Vegan 3 Bean Chili W/ Tortilla Chips	<b>17</b> - Vegan Fried Rice	<b>18</b> - Vegan Bean Burrito Bowl
<b>21</b> - Myo Vegan Tacos	<b>22</b> - Vegan Chickpea Tikka Masala	<b>23</b> - Vegan Pinto Pozole W/ Tortilla Chips	<b>24</b> - Vegan Spanish Beans W/ Cilantro Lime Rice	<b>25</b> - Vegan 3 Bean Chili W/ Tortilla Chips
<b>28</b> - Vegan Fried Rice	<b>29</b> - Myo Vegan Tacos	<b>30</b> - Vegan Chickpea Tikka Masala	<b>31</b> - Vegan Pinto Pozole W/ Tortilla Chips	<b>1</b>

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# UNIVERSITY PREPERATORY ACADEMY CHARTER HIGH

## SCHOOL OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>1</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>2</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>3</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>4</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit
<b>7</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>8</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>9</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>10</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>11</b> Fall Break
<b>14</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>15</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>16</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>17</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>18</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit
<b>21</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>22</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>23</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>24</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>25</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit
<b>28</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>29</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>30</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>31</b> - Turkey & Cheese Sandwich - Sunbutter & Jelly Sandwich - Bagel Kit	<b>1</b>

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 CHARTER HIGH SCHOOL  
**OCTOBER**

LUNCH K-8 & 9-12  
 2024-2025



Date	Menu Item	Allergens
<b>Monday 30</b>	Sloppy Joe	Wheat, Soy, Beef, Tomato
	Wet Beef Burrito	Wheat, Soy, Milk, Beef
	Vegan Red Beans & Rice	Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Spicy Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bagel Kit	Wheat, Milk
<b>Tuesday 1</b>	Pesto Chicken W/ Olive Oil & Parmesan Pasta	Wheat, Chicken, Milk
	Chicken Corn Dog	Wheat, Soy, Egg, Chicken, Turkey, Sesame
	Veggie Fried Rice	Wheat, Soy, Egg, Sesame
	Italian Deli Sub	Wheat, Soy, Milk, Pork, Beef, Turkey
	Cobb Salad Wrap	Wheat, Chicken, Milk, Pork, Egg, Fish, Shellfish, Tomato, Beef
	Bagel Kit	Wheat, Milk
<b>Wednesday 2</b>	Greek Chicken W/ Rice Pilaf	Chicken
	Chicken Enchiladas	Soy, Milk, Chicken, Tomato
	Cheesy Bean Dip W/ Tortilla Chips	Milk, Soy
	Yogurt Berry Parfait W/ Muffin	Wheat, Egg, Milk, Soy
	Breaded Chicken Wrap	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bagel Kit	Wheat, Milk
<b>Thursday 3</b>	Breaded Chicken Sandwich	Wheat, Soy, Milk, Chicken, Sesame
	Teriyaki Chicken W/ Rice & Veggies	Wheat, Soy, Chicken, Sesame
	Cheese Ravioli W/ Marinara Sauce	Egg, Milk, Wheat, Tomato
	Breaded Chicken Salad	Wheat, Soy, Egg, Milk, Chicken, Tomato
	Egg Salad Sandwich	Egg, Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Friday 4</b>	Pepperoni Pizza	Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza	Wheat, Soy, Milk, Tomato
	Bbq Chicken Pizza	Wheat, Soy, Milk, Chicken, Tomato
	Chicken Caesar Salad W/ Roll	Milk, Chicken, Wheat, Egg, Soy, Fish
	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Bagel Kit	Wheat, Milk
<b>Monday 7</b>	Cheeseburger	Beef, Milk, Wheat, Soy
	Chicken Fried Rice	Wheat, Soy, Egg, Chicken, Sesame
	Pasta X Plosion!	Wheat, Milk, Tomato
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Cobb Salad Wrap	Wheat, Chicken, Milk, Pork, Egg, Fish, Shellfish, Tomato, Beef
	Bagel Kit	Wheat, Milk
<b>Tuesday 8</b>	Spaghetti W/ Beef Meatsauce	Wheat, Egg, Beef, Milk, Tomato, Soy
	Beef Hot Dog	Wheat, Beef, Soy
	Black Bean & Veggie Burrito	Milk, Wheat, Tomato
	Teriyaki Chicken Sushi Bowl	Wheat, Soy, Chicken, Sesame

<b>Wednesday 9</b>	Big Kahuna Tuna Wrap		Wheat, Soy, Egg, Milk, Fish
	Bagel Kit		Wheat, Milk
	Sweet & Sour Chicken Bowl		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Mr. Mike's Bbq Chicken Sandwich		Chicken, Wheat, Soy, Milk, Tomato
	Cheese Quesadilla		Wheat, Milk
	Farmer's Market Chicken Salad W/ Roll		Wheat, Soy, Egg, Milk, Chicken
<b>Thursday 10</b>	Turkey & Cheese On Dutch Crunch		Turkey, Wheat, Milk
	Bagel Kit		Wheat, Milk
	Chicken Nuggets W/ Olive Oil & Parmesan Pasta		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Beef Chili W/ Cornbread		Wheat, Soy, Egg, Milk, Beef, Tomato
	Bean & Cheese Burrito		Milk, Wheat, Soy
	Hummus Rainbow Wrap	Veg	Wheat
<b>Monday 14</b>	Southwest Veggie Taco Salad W/ Tortilla Chips		Milk, Soy, Tomato, Egg
	Bagel Kit		Wheat, Milk
	Hamburger		Beef, Wheat, Soy
	Pasta W/ Olive Oil & Parmesan Cheese		Wheat, Milk
	Curry Fried Rice	Veg	Wheat, Soy, Egg, Sesame
	Sunbutter & Jelly Sandwich		Wheat, Soy
<b>Tuesday 15</b>	Chicken Bacon Ranch Wrap		Wheat, Milk, Pork, Chicken, Egg, Tomato
	Bagel Kit		Wheat, Milk
	Chicken Corn Dog		Wheat, Soy, Egg, Chicken, Turkey, Sesame
	Chicken Burrito		Milk, Chicken, Wheat, Tomato
	Veggie Chow Mein		Wheat, Soy, Egg, Sesame
	Chicken Caesar Wrap		Wheat, Chicken, Milk, Egg, Fish
<b>Wednesday 16</b>	Athenian Chicken Salad W/ Pita Triangles		Milk, Chicken, Wheat, Tomato, Pork
	Bagel Kit		Wheat, Milk
	Beef Burrito		Milk, Wheat, Beef, Soy
	Chicken Chow Mein		Wheat, Soy, Egg, Chicken, Sesame
	Pasta W/ Marinara & Mozzarella Cheese		Wheat, Egg, Milk, Tomato
	Yogurt Berry Parfait W/ Muffin		Wheat, Egg, Milk, Soy
<b>Thursday 17</b>	Pesto Caprece Salad		Wheat, Milk, Tomato
	Bagel Kit		Wheat, Milk
	Breaded Chicken Sandwich		Wheat, Soy, Milk, Chicken, Sesame
	Chicken Kapama W/ Olive Oil & Parmesan Pasta		Chicken, Wheat, Milk, Tomato
	Mac & Cheese		Wheat, Milk
	Farmer's Market Egg Salad W/ Roll		Wheat, Egg, Soy, Milk
<b>Friday 18</b>	Turkey & Cheese Hoagie		Wheat, Milk, Turkey
	Bagel Kit		Wheat, Milk
	Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza		Wheat, Soy, Milk, Tomato
	Bbq Chicken Pizza		Wheat, Soy, Milk, Chicken, Tomato
	Chicken Caesar Salad W/ Roll		Milk, Chicken, Wheat, Egg, Soy, Fish
<b>Monday 21</b>	Italian Deli Sub		Wheat, Soy, Milk, Pork, Beef, Turkey
	Bagel Kit		Wheat, Milk
	Cheeseburger		Beef, Milk, Wheat, Soy
	Bbq Chicken Pasta		Chicken, Wheat, Milk, Tomato
	Broccoli Cheddar Potato Bowl W/ Roll		Wheat, Milk, Soy, Egg
	Turkey & Cheese Sandwich		Wheat, Milk, Turkey, Soy
Chicken Caesar Wrap		Wheat, Chicken, Milk, Egg, Fish	

	Bagel Kit		Wheat, Milk
<b>Tuesday 22</b>	Beef Hot Dog		Wheat, Beef, Soy
	Greek Chicken W/ Rice Pilaf		Chicken
	Bean & Cheese Burrito		Milk, Wheat, Soy
	Sunbutter & Jelly Sandwich		Wheat, Soy
	Smoked Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken, Tomato
	Bagel Kit		Wheat, Milk
<b>Wednesday 23</b>	Caribbean Jerk Chicken W/ Rice		Chicken, Tomato, Soy
	Chicken Parmesan Hoagie		Wheat, Soy, Milk, Tomato, Chicken
	Pasta Primavera		Wheat, Milk, Soy
	Chicken Bacon Ranch Salad W/ Roll		Pork, Milk, Chicken, Wheat, Egg, Tomato, Soy
	Turkey & Cheese On Dutch Crunch		Turkey, Wheat, Milk
	Bagel Kit		Wheat, Milk
<b>Thursday 24</b>	Louisiana Jambalaya		Beef, Tomato, Turkey
	Chicken Nuggets W/ Rice Pilaf		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheese Ravioli W/ Marinara Sauce		Egg, Milk, Wheat, Tomato
	Tuna Sandwich		Wheat, Egg, Fish, Soy
	Chicken Pesto Wrap		Chicken, Wheat, Milk, Soy
	Bagel Kit		Wheat, Milk
<b>Friday 25</b>	Pepperoni Pizza		Wheat, Soy, Milk, Pork, Beef, Tomato, Turkey
	Cheese Pizza		Wheat, Soy, Milk, Tomato
	Chicken Fajita Bowl		Chicken
	Asian Chicken Wrap		Wheat, Soy, Milk, Chicken, Sesame
	Santa Fe Chicken Salad		Chicken, Milk, Tomato, Soy, Egg
	Bagel Kit		Wheat, Milk
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<b>Monday 28</b>	Hamburger		Beef, Wheat, Soy
	Wet Beef Burrito		Wheat, Soy, Milk, Beef
	Vegan Red Beans & Rice		Tomato
	Egg Salad Sandwich		Egg, Wheat, Soy
	Spicy Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bagel Kit		Wheat, Milk
<b>Tuesday 29</b>	Pesto Chicken W/ Olive Oil & Parmesan Pasta		Wheat, Chicken, Milk
	Chicken Corn Dog		Wheat, Soy, Egg, Chicken, Turkey, Sesame
	Vegan Fried Rice	V	Soy, Sesame
	Italian Deli Sub		Wheat, Soy, Milk, Pork, Beef, Turkey
	Cobb Salad Wrap		Wheat, Chicken, Milk, Pork, Egg, Fish, Shellfish,
	Bagel Kit		Tomato, Beef Wheat, Milk
<b>Wednesday 30</b>	Sloppy Joe		Wheat, Soy, Beef, Tomato
	Teriyaki Chicken W/ Rice & Veggies		Wheat, Soy, Chicken, Sesame
	Mac & Cheese		Wheat, Milk
	Yogurt Berry Parfait W/ Muffin		Wheat, Egg, Milk, Soy
	Breaded Chicken Wrap		Wheat, Soy, Egg, Milk, Chicken, Sesame
	Bagel Kit		Wheat, Milk
<b>Thursday 31</b>	Breaded Chicken Sandwich		Wheat, Soy, Milk, Chicken, Sesame
	Chicken Enchiladas		Soy, Milk, Chicken, Tomato
	Cheesy Bean Dip W/ Tortilla Chips		Milk, Soy
	Breaded Chicken Salad		Wheat, Soy, Egg, Milk, Chicken, Tomato
	Sunbutter & Jelly Sandwich		Wheat, Soy




Bagel Kit

Wheat, Milk

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**OCTOBER**

**BREAKFAST K-12**  
**2024-2025**



Date	Menu Item	Allergens
<b>Monday 30</b>	Melted Cheese Bagel	Wheat, Soy, Milk
	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Tuesday 1</b>	Breakfast Burrito	Wheat, Soy, Egg, Pork, Beef, Turkey
	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Wednesday 2</b>	Breakfast Bowl W/Biscuit	Egg, Milk, Wheat, Soy, Pork, Turkey, Beef
	Concha	Wheat, Milk, Egg, Soy
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Thursday 3</b>	Sausage Egg & Cheese Biscuit	Wheat, Soy, Egg, Milk, Pork, Beef, Chicken, Turkey
	Yogurt W/ Grahams	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Friday 4</b>	Denver Scramble Burrito	Wheat, Soy, Egg, Milk, Pork
	Cherry Frudel	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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<b>Monday 7</b>	French Toast Sticks	Wheat, Soy, Egg, Milk
	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Tuesday 8</b>	Scrambled Eggs W/Muffin Brk	Egg, Milk, Soy, Wheat, Egg
	Breakfast Scones	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Wednesday 9</b>	Chicken Patty Biscuit	Wheat, Soy, Milk, Chicken
	Concha	Wheat, Milk, Egg, Soy
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Thursday 10</b>	Pancakes W/Syrup Brk	Wheat, Milk, Egg, Soy
	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
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<b>Monday 14</b>	Melted Cheese Bagel	Wheat, Soy, Milk
	Breakfast Scones	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Tuesday 15</b>	Breakfast Burrito	Wheat, Soy, Egg, Pork, Beef, Turkey
	Bagel W/ Cream Cheese	Wheat, Soy, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Wednesday 16</b>	Breakfast Bowl W/Biscuit	Egg, Milk, Wheat, Soy, Pork, Turkey, Beef
	Breakfast Muffins	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef
<b>Thursday 17</b>	Sausage Egg & Cheese Biscuit	Wheat, Soy, Egg, Milk, Pork, Beef, Chicken, Turkey
	Cinnamon Swirl	Wheat, Soy, Egg, Milk
	Breakfast Cereal	Wheat, Soy, Milk, Pork, Beef

<b>Friday 18</b>	French Toast Sticks		Wheat, Soy, Egg, Milk
	Cheesy Cornbread Muffin		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
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<b>Monday 21</b>	Denver Scramble Burrito		Wheat, Soy, Egg, Milk, Pork
	Sbj Sandwich		Wheat, Soy
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
<b>Tuesday 22</b>	Scrambled Eggs W/Muffin Brk		Egg, Milk, Soy, Wheat, Egg
	Bagel W/ Cream Cheese		Wheat, Soy, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
<b>Wednesday 23</b>	Pancakes W/Syrup Brk		Wheat, Milk, Egg, Soy
	Concha		Wheat, Milk, Egg, Soy
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
<b>Thursday 24</b>	Chicken Patty Biscuit		Wheat, Soy, Milk, Chicken
	Apple Cinnamon Frudel	Veg	Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
<b>Friday 25</b>	Breakfast Chilaquiles		Wheat, Soy, Egg, Milk
	Breakfast Scones		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
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<b>Monday 28</b>	Melted Cheese Bagel		Wheat, Soy, Milk
	Bagel W/ Cream Cheese		Wheat, Soy, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
<b>Tuesday 29</b>	Breakfast Burrito		Wheat, Soy, Egg, Pork, Beef, Turkey
	Cowboy Bread		Wheat, Soy, Egg, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
<b>Wednesday 30</b>	Breakfast Bowl W/Biscuit		Egg, Milk, Wheat, Soy, Pork, Turkey, Beef
	Concha		Wheat, Milk, Egg, Soy
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef
<b>Thursday 31</b>	Sausage Egg & Cheese Biscuit		Wheat, Soy, Egg, Milk, Pork, Beef, Chicken, Turkey
	Yogurt W/ Grahams		Wheat, Soy, Milk
	Breakfast Cereal		Wheat, Soy, Milk, Pork, Beef

UNIVERSITY PREPERATORY ACADEMY  
 CHARTER HIGH SCHOOL  
**OCTOBER**

Vegan / Gluten  
 Free



Date	Menu Item		Allergens
<b>Monday 30</b>	Vegan Fried Rice	V	Soy, Sesame
<b>Tuesday 1</b>	Myo Vegan Tacos	V	Soy
<b>Wednesday 2</b>	Vegan Chickpea Tikka Masala	V	Tomato, Soy
<b>Thursday 3</b>	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
<b>Friday 4</b>	Vegan Spanish Beans W/ Cilantro Lime Rice		Tomato, Soy
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<b>Monday 7</b>	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
<b>Tuesday 8</b>	Vegan Fried Rice	V	Soy, Sesame
<b>Wednesday 9</b>	Vegan Bean Burrito Bowl	V	Tomato, Soy
<b>Thursday 10</b>	Myo Vegan Tacos	V	Soy
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<b>Monday 14</b>	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
<b>Tuesday 15</b>	Vegan Spanish Beans W/ Cilantro Lime Rice		Tomato, Soy
<b>Wednesday 16</b>	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
<b>Thursday 17</b>	Vegan Fried Rice	V	Soy, Sesame
<b>Friday 18</b>	Vegan Bean Burrito Bowl	V	Tomato, Soy
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<b>Monday 21</b>	Myo Vegan Tacos	V	Soy
<b>Tuesday 22</b>	Vegan Chickpea Tikka Masala	V	Tomato, Soy
<b>Wednesday 23</b>	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy
<b>Thursday 24</b>	Vegan Spanish Beans W/ Cilantro Lime Rice		Tomato, Soy
<b>Friday 25</b>	Vegan 3 Bean Chili W/ Tortilla Chips	V	Tomato, Soy
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<b>Monday 28</b>	Vegan Fried Rice	V	Soy, Sesame
<b>Tuesday 29</b>	Myo Vegan Tacos	V	Soy
<b>Wednesday 30</b>	Vegan Chickpea Tikka Masala	V	Tomato, Soy
<b>Thursday 31</b>	Vegan Pinto Pozole W/ Tortilla Chips	V	Tomato, Soy

UNIVERSITY PREPERATORY ACADEMY  
CHARTER HIGH SCHOOL

**OCTOBER**

Field Trip



Date	Menu Item	Allergens
<b>Monday 30</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Tuesday 1</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Wednesday 2</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Thursday 3</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Friday 4</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
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<b>Monday 7</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Tuesday 8</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Wednesday 9</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Thursday 10</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
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<b>Monday 14</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Tuesday 15</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Wednesday 16</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Thursday 17</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk

<b>Friday 18</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
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<b>Monday 21</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Tuesday 22</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Wednesday 23</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Thursday 24</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Friday 25</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
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<b>Monday 28</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Tuesday 29</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Wednesday 30</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk
<b>Thursday 31</b>	Turkey & Cheese Sandwich	Wheat, Milk, Turkey, Soy
	Sunbutter & Jelly Sandwich	Wheat, Soy
	Bagel Kit	Wheat, Milk