Nutrition Services
ANTIOCH USD

(925)779-7600,
Option 2

November 2026
MIDDLE SCHOOL LUNCH MENU



Specials

MONDAYS
Chicken Caesar Twist
Hot N' Spicy Nuggets
Egg Rolls with Chow Mein
NEW! Don Lee Chicken & Cheese Quesadilla
Chinese Chicken Salad with 1 Roll
Assorted Chips

TUESDAYS
Spicy Grilled Cheese Sandwich (V)
Cosmic Caesar Salad with 2 Rolls
NEW! Chicken Yum Yum Crunch Salad with 2 Rolls
Ramen Chick Fix
Mandarin Chicken with Rice
Assorted Juice
Rice Krispies Treat

WEDNESDAYS
Chef's Salad with 2 Rolls
Yogurt Parfait with 1 Roll
Curry Chicken Katsu with Rice
Tuna Provolone Melt
Assorted Chips

THURSDAYS
Chef CK Special
Farm Fresh Italian & Provolone Sandwich
Buffalo Chicken Wings with 1 Roll
Cosmic Caesar Salad with 2 Rolls
Assorted Juice
Assorted Chips

FRIDAYS
Bosco Sticks (V)
Farm Fresh Turkey & Swiss Sandwich
Green Goddess Salad with 1 Roll
Three Bean Chili with Fritos (V)
"Frie-days" Baked French Fries
with All Lunches! (V)

Daily Offerings:
Deluxe Lone Tree Broiler
Primo Pizza: Cheese (V) or
Pepperoni & Olives (P)
Deluxe Chicken on a Bun
Spicy Chicken on a Bun
Bean & Cheese Burrito (V)
Strawberry Yogurt & 2 Rolls (V)
Sunbutter & Jelly Sandwich (Vegan)

HARVEST OF THE MONTH



Persimmon

SCAN ME!

Visit the QR code to learn more about the health benefits of this month's harvest!

Counts as 1/2 cup veggie!

= House Made
V=Vegetarian
P=Contains Pork

Combo Meal includes
Entree with your choice of RBST-Free!
1% White Milk or Non-Fat Chocolate Milk
Variety of Fruit and Veggies
(must take 1/2c fruit or veggie)

Allergies? A form to request substitutions is available in the cafeteria.
This menu meets the dietary requirements for calories, saturated fat, sodium, protein, and whole grains for students in this age group.
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MENU SUBJECT TO CHANGE WITHOUT NOTICE.