Nutrition Services
ANTIOCH
USD

(925)779-7600,
Option 2

# November 2026




# PROSPECTS BREAKFAST

## MONDAYS
Mini Cinnis
Fruit & Juice

## TUESDAYS
Pumpkin Bread
Fruit & Juice

## WEDNESDAYS
1 Strawberry Yogurt Cup
Grahams
Fruit & Juice

## THURSDAYS
Chocolate Muffin Top
Fruit & Juice

## FRIDAYS
Cereal
String Cheese
Fruit & Juice

## *Combo Meal includes*

Special of the Day
1% White Milk or Non-Fat Chocolate Milk *RBST-Free!*
Juice or Fruit (must take 1)

Examples:
Special + Juice + Fruit + Milk
Special + Juice and/or Fruit
Juice + Fruit + Milk
No duplicates of any item

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.
USDA is an equal opportunity provider, employer, and lender.
MENU SUBJECT TO CHANGE WITHOUT NOTICE.

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# PROSPECTS LUNCH




## MONDAYS
Deluxe Chicken on a Bun
Celery Sticks
Fresh Apple

## TUESDAYS
Mandarin Chicken with Rice
Sliced Cucumbers
Fresh Orange
Assorted Juice

## WEDNESDAYS
Deluxe Lone Tree Broiler
Fresh Broccoli
Fresh Banana

## THURSDAYS
Cosmic Caesar Salad with 2 Rolls
Refried Beans
Local Fresh Fruit

## FRIDAYS
Primo Pizza Pepperoni & Olives (P)
Canned Corn
Fresh Pear

### *Combo Meals includes:*
Entree Special
Fruit or Juice of the Day (1/2 cup)
Vegetable of the Day (1/2 cup) & Baby Carrots (1/2 cup)
(Must take 1/2 cup Fruit or Vegetable)
Choice of 1% White Milk or Non-Fat Chocolate Milk *RBST-Free!*

= House Made
V=Vegetarian
P=Contains Pork

**Grades 9-12:**
Assorted Juice
Assorted Chips on Monday, Wednesday, and Thursday

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