Nutrition Services
ANTIOCH
USD
(925)779-7600,
Option 2

November 2026

SUPPER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cheesy Pillows (V, WG) Marinara Sauce Apple	**3** Pork Rib BBQ (P, WG) Sliced Cucumbers Orange	**4** French Bread Pizza (V, WG) Fresh Broccoli Banana	**5** Fiestada Beef Stuffed Sandwich (WG) Bag of Carrots Mixed Fruit	**6** Chicken on a Bun (WG) Paradise Punch Juice Raisins
9 Galaxy Cheese Pizza (V, WG) Celery Sticks Apple	**10** Mini Cheeseburgers (WG) Sliced Cucumbers Orange	**11** 	**12** Chicken with Salsa Verde Tamale (WG) Bag of Carrots Mixed Fruit	**13** Bean & Cheese Burrito (V, WG) Paradise Punch Juice Raisins
16 Cheesy Pillows (V, WG) Marinara Sauce Apple	**17** Pork Rib BBQ (P, WG) Sliced Cucumbers Orange	**18** French Bread Pizza (V, WG) Fresh Broccoli Banana	**19** Fiestada Beef Stuffed Sandwich (WG) Bag of Carrots Mixed Fruit	**20** Chicken on a Bun (WG) Paradise Punch Juice Raisins
23	**24**	**25**	**26**	**27**
30 Cheesy Pillows (V, WG) Marinara Sauce Apple				

Thanksgiving Break



Students must select 3 of the 5 food components:

- 1/2 cup Vegetable (Bag of Carrots or other veggie)
- 1/4 cup Fruit (1 Piece of fruit or Raisins)
- Grains/Bread (1 oz. equivalent)
- Meat/Meat Alternate (2 oz. equivalent)
- 1% White Milk or Non-Fat Chocolate Milk (8 oz.)

Examples:
Entree + Milk
Entree + Fruit
Entree + Vegetable
Fruit + Vegetable + Milk

Offered Daily:
*2 Strawberry Yogurt Cups & 1 Roll (V)
*Sunbutter & Jelly Sandwich (Vegan)

WG= Whole Grain P=Contains Pork V=Vegetarian

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