Nutrition Services
ANTIOCH
USD

(925)779-7600,
Option 2

November 2026

BIDWELL LUNCH MENU



Specials

MONDAYS

Egg Rolls with Chow Mein
NEW! Don Lee Chicken & Cheese Quesadilla
Assorted Chips

TUESDAYS

NEW! Mandarin Chicken with Rice
Chicken Yum Yum Crunch Salad with 2 Rolls
Rice Krispies Treat

WEDNESDAYS

Chef's Salad with 2 Rolls
Yogurt Parfait with Roll (V)
Assorted Chips

THURSDAYS

Chef CK Special
Buffalo Chicken Wings with 1 Roll
Cosmic Caesar Salad with 2 Rolls
Assorted Chips

FRIDAYS

Primo Pizza BBQ Chicken
Beef & Cheese Taco CrispUps
Three Bean Chili with Fritos (V)
"Frie-days" Baked French Fries
with All Lunches! (V) Counts as 1/2 cup veggie!

= House Made
V=Vegetarian
P=Contains Pork

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)

Combo Meal includes

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

HARVEST OF THE MONTH



Persimmon

SCAN ME!

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

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.