Nutrition Services
ANTIOCH
USD

(925)779-7600,
Option 2

December 2026

PROSPECTS BREAKFAST



MONDAYS
Mini Cinnis
Fruit & Juice

TUESDAYS
Banana Muffin
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
Refried Beans
Fresh Banana

THURSDAYS
Cosmic Caesar Salad wtih 2 Rolls
Fresh Broccoli
Local Fresh Fruit

FRIDAYS
Primo Pizza Pepperoni & Olives
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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