



(925)779-7600,
Option 2

September 2026

PROSPECTS BREAKFAST

All
Students
Eat for
FREE!



MONDAYS

Mini Cinnis
Fruit & Juice

TUESDAYS

Banana Muffin
Fruit & Juice

WEDNESDAYS

1 Strawberry Yogurt Cup
Grahams
Fruit & Juice

THURSDAYS

Bagel
Cream Cheese
Fruit & Juice

FRIDAYS

Cereal
String Cheese
Fruit & Juice

Combo Meals includes:

Special of the Day
1% White Milk or Non-Fat Chocolate Milk
Variety of Fruits
Juice

RBST-Free!

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.



(925)779-7600,
Option 2

September 2026

PROSPECTS LUNCH

All
Students
Eat for
FREE!



MONDAYS

Chicken Caesar Twist
Celery Sticks
Fresh Apple

TUESDAYS

Deluxe Lone Tree Broiler 
Sliced Cucumbers
Fresh Orange
Assorted Juice

WEDNESDAYS

Yogurt Parfait with 1 Roll (V) 
Fresh Broccoli
Fresh Banana

THURSDAYS

Deluxe Chicken on a Bun 
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) *RBST-Free!*
Choice of 1% White Milk or Non-Fat Chocolate Milk

 = House Made
V=Vegetarian
P=Contains Pork

Grades 9-12:

Assorted Juice

Assorted Chips on Monday, Wednesday, and Thursday

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.