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

December 2026

MIDDLE & HIGH SCHOOL BREAKFAST MENU



All Students Eat for FREE!

Specials

MONDAYS
Breakfast Burrito
Or
Mini Cinnis

TUESDAYS
Banana Muffin
Or
Turkey Ham & Cheese Croissant

WEDNESDAYS
Golden Crisp Early Risers Breaded & Stuffed Hash Brown
Or
Crumb Square

THURSDAYS
Fresh Baked Cinnamon Roll
or
Bagel with Cream Cheese

FRIDAYS
Cheesy Sausage Egg Bite with Hot Honey Cornbread Popper
Or
French Toast Sticks

Offered Daily

Breakfast Bowl
Chocolate Muffin Top
1 Strawberry Yogurt Cup with Grahams
Assorted Cereal with String Cheese



Combo Meal includes

Special of the Day or
Daily Offerings
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
Daily Offering + Juice and/or Fruit + Milk
Daily Offering + Juice + Fruit
Juice + Fruit + Milk
No duplicates of any item

= House Made

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.