



Nutrition Services  
**ANTIOCH**  
USD

(925)779-7600,  
Option 2

# September 2026

## SUPPER MENU

All Grain  
Products  
served at  
Supper are  
Whole Grain!



*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)

| MONDAY                                                                                           | TUESDAY                                                            | WEDNESDAY                                                                | THURSDAY                                                                         | FRIDAY                                                                    |
|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------|
|                                                                                                  | <b>1</b><br>Mini Cheeseburgers (WG)<br>Mixed Vegetables<br>Orange  | <b>2</b><br>Grilled Cheese Sandwich (V, WG)<br>Bag of Carrots<br>Banana  | <b>3</b><br>Galaxy Pepperoni Pizza (WG)<br>Refried Beans<br>Mixed Fruit          | <b>4</b><br>Bean & Cheese Burrito (V)<br>Paradise Punch Juice<br>Raisins  |
| <b>7</b><br>    | <b>8</b><br>Pork Rib BBQ (P, WG)<br>Mixed Vegetables<br>Orange     | <b>9</b><br>French Bread Pizza (V, WG)<br>Bag of Carrots<br>Banana       | <b>10</b><br>Fiestada Beef Stuffed Sandwich (WG)<br>Refried Beans<br>Mixed Fruit | <b>11</b><br>Chicken on a Bun<br>Paradise Punch Juice<br>Raisins          |
| <b>14</b><br>Galaxy Cheese Pizza (V, WG)<br>Celery Sticks<br>Apple                               | <b>15</b><br>Mini Cheeseburgers (WG)<br>Mixed Vegetables<br>Orange | <b>16</b><br>Grilled Cheese Sandwich (V, WG)<br>Bag of Carrots<br>Banana | <b>17</b><br>Pepperoni Sliders (P, WG)<br>Refried Beans<br>Mixed Fruit           | <b>18</b><br>Bean & Cheese Burrito (V)<br>Paradise Punch Juice<br>Raisins |
| <b>21</b><br>Cheesy Pillows (V, WG)<br>Marinara Sauce<br>Apple                                   | <b>22</b><br>Pork Rib BBQ (P, WG)<br>Mixed Vegetables<br>Orange    | <b>23</b><br>French Bread Pizza (V, WG)<br>Bag of Carrots<br>Banana      | <b>24</b><br>Fiestada Beef Stuffed Sandwich (WG)<br>Refried Beans<br>Mixed Fruit | <b>25</b><br>Chicken on a Bun<br>Paradise Punch Juice<br>Raisins          |
| <b>28</b><br> | <b>29</b>                                                          | <b>30</b>                                                                |                                                                                  |                                                                           |

WG= Whole Grain    P=Contains Pork    V=Vegetarian