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

December 2026

HIGH SCHOOL LUNCH MENU



Specials

MONDAYS
Chicken Caesar Twist
Hot N' Spicy Nuggets
NEW! General Tso's Chicken Dumplings with Chicken Fried Rice
Don Lee Chicken & Cheese Quesadilla
Chinese Chicken Salad with 1 Roll
Assorted Chips

TUESDAYS
Spicy Grilled Cheese Sandwich (V)
Cosmic Caesar Salad with 2 Rolls
Chicken Yum Yum Crunch Salad with 2 Rolls
Ramen Chick Fix
Mandarin Chicken with Rice
Rice Krispies Treat

WEDNESDAYS
Chef's Salad with 2 Rolls
Yogurt Parfait with 1 Roll (V)
Curry Chicken Katsu with Rice
NEW! Chicken Salad Croissant Sandwich
Assorted Chips

THURSDAYS
Chef CK Special
Farm Fresh Italian & Provolone Sandwich
Buffalo Chicken Wings with 1 Roll
Cosmic Caesar Salad with 2 Rolls
Assorted Chips

FRIDAYS
Primo Pizza BBQ Chicken
St. Louis BBQ Ribs with Corn Poppers (P)
Farm Fresh Turkey & Swiss Sandwich
Three Bean Chili with Fritos (V)
Beef & Cheese Taco CripsUps
Green Goddess Salad with 2 Rolls
"Frie-days" Baked French Fries with All Lunches! (V)
Counts as 1/2 cup veggie!

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)
Strawberry Yogurt & 2 Rolls (V)
Sunbutter & Jelly Sandwich (Vegan)

HARVEST OF THE MONTH



Radish

SCAN ME!

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

= House Made
V=Vegetarian
P=Contains Pork

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)

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.