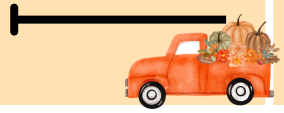
Nutrition Services
ANTIOCH
USD
(925)779-7600,
Option 2

November 2026
SNACK MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cool Ranch Chips (WG) 6 oz. Apple Juice	**3** Cheddar Goldfish (WG) String Cheese	**4** Superbear Vanilla Grahams (WG) 1% White Milk	**5** Baked Cheetos (WG) NF Chocolate Milk	**6** Superbear Apple Cinnamon Grahams (WG) Sunflower Seeds
9 Nacho Cheese Chips (WG) 6 oz. Apple Juice	**10** Rainbow Goldfish (WG) String Cheese	**11** VETERANS DAY	**12** Cheez-Its (WG) NF Chocolate Milk	**13** Superbear Chocolate Grahams (WG) Sunflower Seeds
16 Cool Ranch Chips (WG) 6 oz. Apple Juice	**17** Cheddar Goldfish (WG) String Cheese	**18** Superbear Vanilla Grahams (WG) 1% White Milk	**19** Baked Cheetos (WG) NF Chocolate Milk	**20** Superbear Apple Cinnamon Grahams (WG) Sunflower Seeds
23 	**24** Thanksgiving Break	**25**	**26**	**27** 
30 Cool Ranch Chips (WG) 6 oz. Apple Juice				

Students must take BOTH components.

WG= Whole Grain NF=Non-Fat

USDA is an equal opportunity provider, employer, and lender. **MENU SUBJECT TO CHANGE WITHOUT NOTICE.**