



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

September 2021

ACA 2 LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cheesy Beef Nachos Celery Sticks Mixed Fruit	2 Chili Cheese Burrito Refried Beans Apple	3 Bosco Sticks (V) Corn Apple
6 	7 Mandarin Chicken with Rice Broccoli Orange	8 Popcorn Chicken with 1 Roll Celery Sticks Orange	9 Enchiladas Verde Pinto Beans Craisins	10 Hamburger on a Bun Corn Sliced Peaches
13 Salisbury Steak with 2 Rolls Broccoli Diced Pears	14 Galaxy Pepperoni Pizza Broccoli Applesauce Cup	15 Cheesy Beef Nachos Celery Sticks Mixed Fruit	16 Chili Cheese Burrito Refried Beans Apple	17 Bosco Sticks (V) Corn Apple
20 Mandarin Chicken with Rice Broccoli Pear	21 Corn Dog Broccoli Orange	22 Popcorn Chicken with 1 Roll Celery Sticks Orange	23 Enchiladas Verde Pino Beans Craisins	24 Hamburger on a Bun Corn Sliced Peaches
27 Salisbury Steak with 2 Rolls Broccoli Diced Pears	28 Galaxy Pepperoni Pizza Broccoli Applesauce Cup	29 Cheesy Beef Nachos Celery Sticks Mixed Fruit	30 Chili Cheese Burrito Refried Beans Apple	

P=Contains Pork V=Vegetarian

Combo Meals includes:

Entree Special
 Fruit or Juice of the Day (1/2 cup)
 Vegetable of the Day (1/2 cup) & Baby Carrots (1/4 cup)
 (Must take 1/2 cup Fruit or Vegetable) *RBST-Free!*
 Choice of 1% White Milk or Non-Fat Chocolate Milk

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.
 This institution is an equal opportunity provider. MENU SUBJECT TO CHANGE WITHOUT NOTICE.