



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

September 2022

ACA II LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Mac & Cheese (V) Assorted Fruits & Veggies	2 Bosco Sticks (V) Assorted Fruits & Veggies
5  LABOR DAY	6 Popcorn Chicken with 1 Roll Assorted Fruits & Veggies	7 Yogurt Parfait with Strawberries (V) Assorted Fruits & Veggies	8 Green Sauce Enchilada (V) Assorted Fruits & Veggies	9 Bosco Sticks (V) Assorted Fruits & Veggies
12 Cheesy Meat Nachos Assorted Fruits & Veggies	13 Chicken Salad & Cheez-Its Assorted Fruits & Veggies	14 Grilled Cheese Sandwich Assorted Fruits & Veggies	15 Teriyaki Chicken & Rice Assorted Fruits & Veggies	16 Bosco Sticks (V) Assorted Fruits & Veggies
19 Yogurt Parfait with Strawberries (V) Assorted Fruits & Veggies	20 Popcorn Chicken with 1 Roll Assorted Fruits & Veggies	21 Mini Cheeseburgers Assorted Fruits & Veggies	22 Mac & Cheese (V) Assorted Fruits & Veggies	23 Bosco Sticks (V) Assorted Fruits & Veggies
26 Cheesy Meat Nachos Assorted Fruits & Veggies	27 Chicken Salad & Cheez-Its Assorted Fruits & Veggies	28 Grilled Cheese Sandwich Assorted Fruits & Veggies	29 Teriyaki Chicken & Rice Assorted Fruits & Veggies	30 Bosco Sticks (V) Assorted Fruits & Veggies

WG= Whole Grain 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)
Choice of 1% White Milk *RBST-Free!*
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.