




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

November 2022

ACA I LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Teacher Work Day No Meal Service	2 Chili Cheese Burrito Assorted Fruits & Veggies	3 Chicken Teriyaki with Rice Assorted Fruits & Veggies	4 Bosco Sticks (V) Assorted Fruits & Veggies
7 Mini Cheeseburgers Assorted Fruits & Veggies	8 Popcorn Chicken with 1 Roll Assorted Fruits & Veggies	9 Chicken Burrito Bowl Assorted Fruits & Veggies	10 Chili with 2 Rolls Assorted Fruits & Veggies	11 
14 Cheesy Meat Nachos Assorted Fruits & Veggies	15 Chicken on a Bun Assorted Fruits & Veggies	16 Teriyaki Dippers with Rice Assorted Fruits & Veggies	17 Turkey & Gravy with Roll Assorted Fruits & Veggies	18 Bosco Sticks (V) Assorted Fruits & Veggies
21 —	25	26	27	28 —
November Break				
28 Mini Cheeseburgers Assorted Fruits & Veggies	29 Chicken on a Bun Assorted Fruits & Veggies	30 Teriyaki Dippers with Rice Assorted Fruits & Veggies		

P=Contains Pork V=Vegetarian

Offered Daily:

- *Strawberry Yogurt & Rolls (V)
- *Bean & Cheese Burrito (V)
- *Sunbutter & Jelly Sandwich (Vegan)

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

Alternates for Grades 6th-8th Students:

- *Monday- Grilled Cheese Sandwich (V)
- *Tuesday- Popcorn Chicken
- *Wednesday- Cosmic Caesar Salad with 2 Rolls
- *Thursday-Farm Fresh Turkey & Swiss Sandwich
- *Friday- Jumbo Cheese Raviolis (V) with 1 Roll
- *Offered Daily-Lone Tree Broiler & Primo Pizza: Cheese (V) or Pepperoni (P)

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.