




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

# November 2022

## ACA II LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>Teacher Work Day</b> <b>No Meal Service</b>	<b>2</b> Chili Cheese Burrito Assorted Fruits & Veggies	<b>3</b> Chicken Teriyaki & Rice Assorted Fruits & Veggies	<b>4</b> Bosco Sticks (V) Assorted Fruits & Veggies
<b>7</b> Mini Cheeseburgers Assorted Fruits & Veggies	<b>8</b> Popcorn Chicken with 1 Roll Assorted Fruits & Veggies	<b>9</b> Chicken Burrito Bowl Assorted Fruits & Veggies	<b>10</b> Chili with 2 Rolls Assorted Fruits & Veggies	<b>11</b> 
<b>14</b> Cheesy Meat Nachos Assorted Fruits & Veggies	<b>15</b> Chicken on a Bun Assorted Fruits & Veggies	<b>16</b> Teriyaki Dippers with Rice Assorted Fruits & Veggies	<b>17</b> Turkey & Gravy with Roll Assorted Fruits & Veggies	<b>18</b> Bosco Sticks (V) Assorted Fruits & Veggies
<b>21</b> —	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> —
<b>November Break</b>				
<b>28</b> Cheesy Meat Nachos Assorted Fruits & Veggies	<b>29</b> Chicken on a Bun Assorted Fruits & Veggies	<b>30</b> Teriyaki Dippers with Rice Assorted Fruits & Veggies		

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.**