



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

# May & June 2023

## ACA | LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Mini Cheeseburgers Assorted Fruits & Veggies	<b>2</b> Popcorn Chicken with 1 Roll Assorted Fruits & Veggies	<b>3</b> Chicken Caesar Salad & Cheez-Its Assorted Fruits & Veggies	<b>4</b> Chicken Burrito Bowl Assorted Fruits & Veggies	<b>5</b> Bosco Sticks (V) Assorted Fruits & Veggies
<b>8</b> Cheesy Meat Nachos Assorted Fruits & Veggies	<b>9</b> Yogurt Parfait with Granola (V) Assorted Fruits & Veggies	<b>10</b> Hot Dog Assorted Fruits & Veggies	<b>11</b> Beef Teriyaki Bowl Assorted Fruits & Veggies	<b>12</b> Galaxy Pepperoni Pizza Assorted Fruits & Veggies
<b>15</b> Carnitas Burrito Bowl (P) Assorted Fruits & Veggies	<b>16</b> Popcorn Chicken with 1 Roll Assorted Fruits & Veggies	<b>17</b> Chicken Caesar Salad & Cheez-Its Assorted Fruits & Veggies	<b>18</b> Chicken Burrito Bowl Assorted Fruits & Veggies	<b>19</b> Bosco Sticks (V) Assorted Fruits & Veggies
<b>22</b> Cheesy Meat Nachos Assorted Fruits & Veggies	<b>23</b> Yogurt Parfait with Granola (V) Assorted Fruits & Veggies	<b>24</b> Hot Dog Assorted Fruits & Veggies	<b>25</b> Beef Teriyaki Bowl Assorted Fruits & Veggies	<b>26</b> Galaxy Pepperoni Pizza Assorted Fruits & Veggies
<b>29</b> 	<b>30</b> Popcorn Chicken with 1 Roll Assorted Fruits & Veggies	<b>31</b> Chicken Burrito Bowl Assorted Fruits & Veggies	<b>June 1</b> Chicken Caesar Salad & Cheez-Its Assorted Fruits & Veggies	<b>June 2</b> Bosco Sticks (V) Assorted Fruits & Veggies
<b>June 5</b> Cheesy Meat Nachos Assorted Fruits & Veggies	<b>June 6</b> Yogurt Parfait with Granola (V) Assorted Fruits & Veggies	<b>June 7</b> Hot Dog Assorted Fruits & Veggies	<b>June 8</b> Manager's Special Assorted Fruits & Veggies	<b>June 9</b> Galaxy Pepperoni Pizza Assorted Fruits & Veggies

P=Contains Pork V=Vegetarian

### Offered Daily:

\*Strawberry Yogurt & Rolls (V)

\*Bean & Cheese Burrito (V)

\*Sunbutter & Jelly Sandwich (Vegan)

### Alternates for Grades 6th-8th Students:

\*Monday- Hot N' Spicy Nuggets

\*Tuesday- Beef Chili & Cheese Burrito

\*Wednesday- Cosmic Caesar Salad with 2 Rolls

\*Thursday-Farm Fresh Turkey & Swiss Sandwich

\*Friday- Mandarin Chicken with Chow Mein

\*Offered Daily-Lone Tree Broiler &

Primo Pizza: Cheese (V) or Pepperoni (P)

### 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.**