

August 2023

ACA II BREAKFAST



All
Students
Eat for
FREE!

MONDAYS

Chocolate Muffin Top
Fruit & Juice

TUESDAYS

Yogurt Parfait with
Gripz Crackers
Fruit & Juice

WEDNESDAYS

Mini Cinnis
Fruit & Juice

THURSDAYS

Cereal & String Cheese
Fruit & Juice

FRIDAYS

Bagel with Cream Cheese
Fruit & Juice

Combo Meals includes:

Special of the Day *RBST-Free!*
1% White Milk or Non-Fat Chocolate Milk
Variety of Fruits
Juice

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.



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

August 2023

ACA II LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	SUMMER VACATION			
7	8	9	10	11
SUMMER VACATION				
14	15	16	17	18
SUMMER VACATION		Hot Dog Assorted Fruits & Veggies	Chicken Burrito Bowl Assorted Fruits & Veggies	Bosco Sticks (V) Assorted Fruits & Veggies
21	22	23	24	25
Carnitas Burrito Bowl (P) Assorted Fruits & Veggies	Turkey Ham & Cheese Sandwich Assorted Fruits & Veggies	Chicken Caesar Salad & Cheez-Its Assorted Fruits & Veggies	Beef Teriyaki Bowl Assorted Fruits & Veggies	Galaxy Pepperoni Pizza Assorted Fruits & Veggies
28	29	30	31	
4 Layer Fiesta Dip with Chips Assorted Fruits & Veggies	Chicken on a Bun Assorted Fruits & Veggies	Hot Dog Assorted Fruits & Veggies	Chicken Burrito Bowl 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.

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