



April 2024

All
Students
Eat for
FREE!



ACA | BREAKFAST

MONDAYS

Cereal & String Cheese
Fruit & Juice

TUESDAYS

Yogurt with Grahams
Fruit & Juice

WEDNESDAYS

Mini Cinnis
Fruit & Juice

THURSDAYS

Chocolate Muffin Top
Fruit & Juice

FRIDAYS

Bagel with Cream Cheese
Fruit & Juice

Combo Meal 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.

April 2024

ACA | LUNCH

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Chicken Chow Mein Celery Sticks Orange Assorted Juice	3 Popcorn Chicken with 1 Roll Fresh Broccoli Banana	4 Egg Roll with Fried Rice Refried Beans Apple	5 Bosco Sticks (V) Marinara Sauce Corn Diced Peaches
8 Chicken on a Bun Mixed Vegetables Pear	9 Mac & Cheese (V) Celery Sticks Orange Assorted Juice	10 Cheese Enchiladas with Green Sauce (V) Fresh Broccoli Banana	11 Carnitas Burrito Bowl (P) Refried Beans Apple	12 Galaxy Cheese Pizza (V) Corn Diced Peaches
15	16	17	18	19
Spring Break				
22 Chicken on a Bun Mixed Vegetables Pear	23 Mac & Cheese (V) Celery Sticks Orange Assorted Juice	24 Cheese Enchiladas with Green Sauce (V) Fresh Broccoli Banana	25 Carnitas Burrito Bowl (P) Refried Beans Apple	26 Galaxy Cheese Pizza (V) Corn Diced Peaches
29 Cheesy Meat Nachos Mixed Vegetables Pear	30 Chicken Chow Mein Celery Sticks Orange Assorted Juice			

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 (1/2 cup)
(Must take 1/2 cup Fruit or Vegetable)
Choice of 1% White Milk *RBST-Free!*
or Non-Fat Chocolate Milk

Offered Daily:

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

Alternates for Grades 6th-8th Students:

- *Monday- Mandarin Chicken with Chow Mein
- *Tuesday- Beef Chili & Cheese Burrito
- *Wednesday- Breaded Hot N Spicy Drumstick
with Fried Rice
- *Thursday-Farm Fresh Italian & Provolone Sandwich
- *Friday- Spicy Chicken on a Bun
- *Offered Daily-Lone Tree Broiler &
Primo Pizza: Cheese (V) or Pepperoni & Olives (P)

Allergies? A form to request substitutions is available in the cafeteria.

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ACA I SUPPER

All Grain Products served at Supper are Whole Grain!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No Meals	2 Grilled Cheese Sandwich (V, WG) Mixed Vegetables Apple	3 Turkey Sub (WG) Corn Banana	4 Chicken Tender Salad Wrap (WG) Refried Beans Blood Orange	5 Strawberry Yogurt & 1 Roll (V,WG) Paradise Punch Juice Raisins
8 Sunbutter & Jelly Sandwich (V, WG) Green Beans Pears	9 Grilled Cheese Sandwich (V, WG) Mixed Vegetables Apple	10 Turkey Sub (WG) Corn Banana	11 Chicken Tender Salad Wrap (WG) Refried Beans Blood Orange	12 Strawberry Yogurt & 1 Roll (V,WG) Paradise Punch Juice Raisins
15	16	17	18	19
Spring Break				
22 Sunbutter & Jelly Sandwich (V, WG) Green Beans Pears	23 Grilled Cheese Sandwich (V, WG) Mixed Vegetables Apple	24 Turkey Sub (WG) Corn Banana	25 Chicken Tender Salad Wrap (WG) Refried Beans Blood Orange	26 Strawberry Yogurt & 1 Roll (V,WG) Paradise Punch Juice Raisins
29 Sunbutter & Jelly Sandwich (V, WG) Green Beans Pears	30 Grilled Cheese Sandwich (V, WG) Mixed Vegetables Apple			

Students must select 3 of the 5 food components:

- 1/2 cup Vegetable (Bag of Carrots or other veggie)
- 1/2 cup Fruit (1 Piece of fruit or Craisins)
- Grains/Bread (1 oz. equivalent)
- Meat/Meat Alternate (2 oz. equivalent)
- 1% White Milk or Non-Fat Chocolate Milk (8 oz.)

Examples:

Entree + Milk
Entree + Fruit
Fruit + Vegetable + Milk

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

April 2024

ACA I SNACK MENU

All Grain Products served at Snack are Whole Grain!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Scooby Doo (WG) 1% White Milk	3 Blueberry Muffin Top (WG) Sunflower Seeds	4 Cheez-Its (WG) String Cheese	5 Tiger Bites Chocolate Grahams (WG) NF Chocolate Milk
8 Nacho Cheese Chips (WG) 6 oz. Apple Juice	9 4 oz. Strawberry Yogurt Cup Graham Crackers (WG)	10 Pretzels (WG) Sunflower Seeds	11 Bug Bites (WG) String Cheese	12 Goldfish (WG) NF Chocolate Milk
15	16	17	18	19
 <h1 style="margin: 0;">Spring Break</h1>				
22 Nacho Cheese Chips (WG) 6 oz. Apple Juice	23 4 oz. Strawberry Yogurt Cup Graham Crackers (WG)	24 Pretzels (WG) Sunflower Seeds	25 Bug Bites (WG) String Cheese	26 Goldfish (WG) NF Chocolate Milk
29 Cool Ranch Chips (WG) 6 oz. Apple Juice	30 Scooby Doo (WG) 1% White Milk			

WG= Whole Grain NF=Non-Fat

Students must take BOTH components.

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