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

October 2026

ACA I BREAKFAST

MONDAYS
Mini Cinnis
Fruit & Juice

TUESDAYS
Pumpkin Bread
Fruit & Juice

WEDNESDAYS
1 Strawberry Yogurt Cup
Grahams
Fruit & Juice

THURSDAYS
Bagel
Cream Cheese
Fruit & Juice

FRIDAYS
Chocolate Muffin Top
Fruit & Juice

Combo Meal includes

Special of the Day
1% White Milk or Non-Fat Chocolate Milk *RBST-Free!*
Juice or Fruit (must take 1)

Examples:
Special + Juice + Fruit + Milk
Special + Juice and/or Fruit
Juice + Fruit + Milk
No duplicates of any item

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.
USDA is an equal opportunity provider, employer, and lender.
MENU SUBJECT TO CHANGE WITHOUT NOTICE.

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

October 2026

ACA I LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Hot Dog Refried Beans Local Fresh Fruit	2 Bosco Sticks (V) Canned Corn Fresh Plum
5	6	7	8	9
12 Popcorn Chicken with 1 Roll Celery Sticks Fresh Apple	13 Mandarin Chicken with Rice Sliced Cucumbers Fresh Orange	14 Chicken on a Bun Refried Beans Fresh Banana	15 Corn Dog Fresh Broccoli Local Fresh Fruit	16 Bosco Sticks (V) Canned Corn Fresh Pear
19 Hot Dog Celery Sticks Fresh Apple	20 Cheesy Chicken Ciabatta Sliced Cucumbers Fresh Orange	21 Chicken Nuggets with 1 Roll Refried Beans Fresh Banana	22 Bean & Cheese Burrito (V) Fresh Broccoli Local Fresh Fruit	23 Bosco Sticks (V) Canned Corn Fresh Pear
26 Popcorn Chicken with 1 Roll Celery Sticks Fresh Apple	27 Mandarin Chicken with Rice Sliced Cucumbers Fresh Orange	28 Chicken on a Bun Refried Beans Fresh Banana	29 Corn Dog Fresh Broccoli Local Fresh Fruit	30 Bosco Sticks (V) Canned Corn Fresh Pear Pumpkin Cookie

OCTOBER BREAK

P=Contains Pork **V=Vegetarian**

Combo Meals includes:

Entree Special
Fruit 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 or
Non-Fat Chocolate Milk *RBST-Free!*

Offered Daily:
*Sunbutter & Jelly Sandwich (Vegan)
*Bean & Cheese Burrito (V)

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.
USDA is an equal opportunity provider, employer, and lender.
MENU SUBJECT TO CHANGE WITHOUT NOTICE.

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

October 2026

ACA I SUPPER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Farm Fresh Italian & Provolone Sandwich (WG) Refried Beans Mixed Fruit	**2** Strawberry Yogurt & 1 Roll (V, WG) Paradise Punch Juice Raisins
5	**6**	**7**	**8**	**9**
12 Chicken Caesar Twist WG) Celery Sticks Fresh Apple	**13** Turkey Sub (WG) Mixed Vegetable Fresh Orange	**14** Sunbutter & Jelly Sandwich (V, WG) Bag of Carrots Fresh Banana	**15** Farm Fresh Italian & Provolone Sandwich (WG) Refried Beans Mixed Fruit	**16** Strawberry Yogurt & 1 Roll (V, WG) Paradise Punch Juice Raisins
19 Chicken Caesar Twist WG) Celery Sticks Fresh Apple	**20** Turkey Sub (WG) Mixed Vegetable Fresh Orange	**21** Sunbutter & Jelly Sandwich (V, WG) Bag of Carrots Fresh Banana	**22** Farm Fresh Italian & Provolone Sandwich (WG) Refried Beans Mixed Fruit	**23** Strawberry Yogurt & 1 Roll (V, WG) Paradise Punch Juice Raisins
26 Chicken Caesar Twist WG) Celery Sticks Fresh Apple	**27** Turkey Sub (WG) Mixed Vegetable Fresh Orange	**28** Sunbutter & Jelly Sandwich (V, WG) Bag of Carrots Fresh Banana	**29** Farm Fresh Italian & Provolone Sandwich (WG) Refried Beans Mixed Fruit	**30** Strawberry Yogurt & 1 Roll (V, WG) Paradise Punch Juice Raisins

OCTOBER BREAK

WG= Whole Grain P=Contains Pork V=Vegetarian

Students must select 3 of the 5 food components:

- 1/2 cup Vegetable (Bag of Carrots or other veggie)
- 1/4 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

Allergies? A form to request substitutions is available in the cafeteria.
USDA is an equal opportunity provider, employer, and lender.
MENU SUBJECT TO CHANGE WITHOUT NOTICE

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

October 2026

ACA I SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheez-Its (WG) NF Chocolate Milk	2 Superbear Chocolate Grahams (WG) Sunflower Seeds
5	6	7	8	9
12 Nacho Cheese Chips (WG) 6 oz. Apple Juice	13 Rainbow Goldfish (WG) String Cheese	14 Strawberry Waffle Grahams (WG) 1% White Milk	15 Cheez-Its (WG) NF Chocolate Milk	16 Superbear Chocolate Grahams (WG) Sunflower Seeds
19 Cool Ranch Chips (WG) 6 oz. Apple Juice	20 Cheddar Goldfish (WG) String Cheese	21 Superbear Vanilla Grahams (WG) 1% White Milk	22 Baked Cheetos (WG) NF Chocolate Milk	23 Superbear Apple Cinnamon Grahams (WG) Sunflower Seeds
26 Nacho Cheese Chips (WG) 6 oz. Apple Juice	27 Rainbow Goldfish (WG) String Cheese	28 Strawberry Waffle Grahams (WG) 1% White Milk	29 Cheez-Its (WG) NF Chocolate Milk	30 Superbear Chocolate Grahams (WG) Sunflower Seeds

OCTOBER BREAK

WG= Whole Grain NF=Non-Fat

Students must take BOTH components.

Allergies? A form to request substitutions is available in the cafeteria.
USDA is an equal opportunity provider, employer, and lender.
MENU SUBJECT TO CHANGE WITHOUT NOTICE.