



# Fall 2022 Menu: High Schools

August 17 - November 4, 2022

## MEAL PRICES

Student meals are offered at NO COST through the 2022-23 school year.

## ADULT MEALS

Breakfast: \$3.00 | Lunch: \$4.50 | Milk: \$0.50

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (All Schools)	Waffle, Ham & Cheese Breakfast Sandwich, OR Assorted Cereal	Benefit Bar, Turkey Sausage Pancake Wrap, OR Assorted Cereal	Bagel & Cream Cheese, Pizza Toast, OR Assorted Cereal	Pan Dulce, Orchard Crunch Yogurt Parfait, OR Assorted Cereal	Cinnamon Roll, Sausage & Cheese Burrito, OR Assorted Cereal
LUNCH Alta Vista, Gen. Murray	Mac & Cheese OR Chicken Sandwich (Reg. or Spicy); COOKIE DAY!	Cubano Hot Ham Sandwich OR WaveCrest Pizza	Chicken Burrito OR Hot & Spicy Chicken Tenders	Beef Rolled Tacos OR Breaded Pizza Cheese Crunchers	Orange Chicken & Rice, Hamburger, Cheeseburger OR Spicy Black Bean Burger
LUNCH Rancho Buena Vista	Mac & Cheese OR Chicken Sandwich (Reg. or Spicy); COOKIE DAY!	Orange Chicken & Rice OR WaveCrest Pizza	Chicken Burrito OR Hot & Spicy Chicken Tenders	Beef Rolled Tacos, Breaded Pizza Cheese Crunchers OR WaveCrest Pizza	Cubano Hot Ham Sandwich, Hamburger, Cheeseburger, OR Spicy Black Bean Burger
LUNCH Mission Vista	Beef Rolled Tacos OR WaveCrest Pizza	Cubano Hot Ham Sandwich, Hot & Spicy Chicken Tenders, Hamburger, Cheeseburger OR Spicy Black Bean Burger	Breaded Pizza Cheese Crunchers OR Chicken Sandwich (Reg. or Spicy); COOKIE DAY!	Chicken Burrito OR Mac & Cheese	Orange Chicken & Rice OR WaveCrest Pizza
LUNCH Vista High	Mac & Cheese OR Chicken Sandwich (Reg. or Spicy); COOKIE DAY!	Chicken Burrito OR Hot & Spicy Chicken Tenders	Orange Chicken & Rice OR WaveCrest Pizza	Cubano Hot Ham Sandwich, Hamburger, Cheeseburger, OR Spicy Black Bean Burger	Beef Rolled Tacos, Breaded Pizza Cheese Crunchers OR WaveCrest Pizza



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## EVERYDAY OPTIONS

Chicken Caesar Salad  
Large PB&J Sandwich  
Bento Box  
Ham & Cheese Sub

PIZZA OFFERINGS  
Cheese, Pepperoni, Meat Lovers



Fresh seasonal fruits  
offered daily



Fresh seasonal vegetables  
offered daily



## HEALTH & LEARNING SUCCESS GO HAND-IN-HAND

Eating fruits and vegetables helps your child grow, be healthy, and do well in school. Encourage your child to get 60 minutes of physical activity every day.

**Child Nutrition Rules & Regulations Under USDA**  
To qualify as a reimbursable meal, students may select as many as 5 or as few as 3 of the food components offered and include 1/2 cup fruit and/or vegetable.

Components include 1) fruit, 2) vegetable, 3) milk, 4) grains, and 5) meat/meat alternate. Condiments do not count as a component. The elementary lunch meal provides 550-650 calories and the elementary

school breakfast provides 350-500 calories based on a weekly average. Meals must contain less than 10% calories from saturated fat.

## FOR INFORMATION, CONTACT:

Child Nutrition Services  
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www.WaveCrestCafe.com



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