



Fall 2022 Menu

Alamosa, Empresa, Mission Meadows, T.H.E. Leadership Academy
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
Week 1 8/15; 8/29; 9/12; 9/26; 10/10; 10/24					
BREAKFAST	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	WaveCrest Pizza OR Bean & Cheese Pupusa	Golden Crispy Chicken Tenders OR Yogurt & Granola	Orange Chicken & Rice OR Bean & Cheese Pupusa	Hamburger, Cheeseburger, Spicy Black Bean Burger OR Yogurt & Granola	Mac & Cheese OR Bean & Cheese Pupusa; COOKIE DAY!
Week 2 8/22; 9/5; 9/19; 10/2; 10/17; 11/1					
BREAKFAST	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	WaveCrest Pizza OR Yogurt & Granola	Korean BBQ Pork Sandwich OR Bean & Cheese Pupusa	Beef Rolled Tacos OR Yogurt & Granola	Breaded Pizza Cheese Crunchers OR Bean & Cheese Pupusa	Chicken Burrito OR Yogurt & Granola COOKIE DAY!



Scan QR code for menus

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
(760) 726-2170 x 92400
info@wavecrestcafe.com
www.WaveCrestCafe.com

**THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER.**

