



Fall 2022 Menu

Beaumont Elementary
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	Golden Crispy Chicken Tenders OR Bean & Cheese Pupusa	Mac & Cheese OR Yogurt & Granola; COOKIE DAY!	Orange Chicken & Rice OR Bean & Cheese Pupusa	WaveCrest Pizza OR Yogurt & Granola	Hamburger, Cheeseburger, Spicy Black Bean Burger OR Bean & Cheese Pupusa
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	Beef Rolled Tacos OR Yogurt & Granola	Breaded Pizza Cheese Crunchers OR Bean & Cheese Pupusa; COOKIE DAY!	Chicken Burrito OR Yogurt & Granola	WaveCrest Pizza OR Bean & Cheese Pupusa	Korean BBQ Pork Sandwich OR Yogurt & Granola



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PIZZA OFFERINGS
Cheese,
Pepperoni,
Meat Lovers



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



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OPPORTUNITY PROVIDER.**

