



Fall 2022 Menu

Breeze Hill, CA Ave., Hannalei, Lake, Monte Vista, VAPA
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



Scan QR code for menus

PIZZA OFFERINGS
Cheese,
Pepperoni,
Meat Lovers

| | 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 | Orange Chicken & Rice OR Yogurt & Granola | WaveCrest Pizza 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 | Beef Rolled Tacos OR Yogurt & Granola | Breaded Pizza Cheese Crunchers OR Bean & Cheese Pupusa | WaveCrest Pizza OR Yogurt & Granola | Korean BBQ Pork Sandwich OR Bean & Cheese Pupusa | Chicken Burrito OR Yogurt & Granola; COOKIE DAY! |



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.**

