



# Fall 2022 Menu: VATC

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

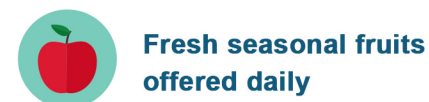
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Waffle, Ham & Cheese Breakfast Sandwich, OR Assorted Cereal	Benefit Bar, Turkey Sausage Pancake Wrap, OR Assorted Cereal	Bagel & Cream Cheese, Pizza Toast, OR Assorted Cereal	Pan Dulce, Orchard Crunch Yogurt Parfait, OR Assorted Cereal	Cinnamon Roll,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

Menu subject to change



Scan QR code for menus

**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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