



Summer 2017 Lunch Menu



Free lunch for all children 18 years or younger
Meals served Monday - Friday (no meals served Tuesday, July 4th)

Meals proudly prepared daily by WaveCrest Cafe

Hot Lunch Meals

Lunch meals include hot entree, 8 oz milk (1% or chocolate nonfat), 4 oz 100% juice, fresh fruit & fresh vegetables!

Cold Lunch Meals

Lunch meals include cold entree, 8 oz milk (1% or chocolate nonfat), 4 oz 100% juice, fresh fruit & fresh vegetables!

MONDAY	TUESDAY	WEDNESDAY	CALIFORNIA THURSDAYS	FRIDAY
Bean Me Up Burrito!	Build-Your-Own Hamburger	Crazy Corndog	Del Real Chicken Tamale	BBQ Chicken Drumstick & Hawaiian Roll
Smucker's PB&J Uncrustable offered after main entree runs out.				
Frozen Fruit Slushie	Fresh Seasonal Fruit	Frozen Fruit Cups	Fresh Seasonal Fruit	Fresh Seasonal Fruit
Jicama sticks	Lettuce, Tomato, & Pickles	Celery Sticks	Roasted Garbanzo Beans	Solutions Green Salad
Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Smucker's PB&J Uncrustable	Chicken Salad	Breakfast 4 Lunch	Super Duper Submarine Sandwich	Crispy Chicken Salad
Apple Slices	Fresh Fruit	Craisins	Apple Slices	Frozen Fruit Cup
Broccoli Trees	Celery Sticks	Jicama Sticks	Cucumber Slices	Garbanzo Beans
Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots	Baby Carrots

This delicious hot menu will be offered at the following locations:

Location	Address	Dates	Times
Alta Vista High School	1575 Bonair Rd. Vista	June 12 - June 30	10am - 11am
Bobier Elementary	220 W. Bobier Dr. Vista	June 19 - June 30	11:30am - 12:30pm
Breeze Hill Elementary	1111 Melrose Way Vista	June 12 - July 14	11:30am - 12:30pm
Foothill-Oak Elementary	1370 Oak Dr. Vista	June 12 - July 31	10:30am - 11:30am
Luz Duran Park	340 E. Townsite Dr. Vista	June 12 - Aug 4	11am - 12pm
Maj. Gen. Murray High	215 N. Melrose Dr. Vista	June 12 - June 30	10am - 11am
Maryland Elementary	700 North Ave. Vista	June 12 - July 21	11:30am - 12:30pm
Temple Hts Elementary	1550 Temple Hts Dr	June 12 - July 14	11:30am - 12:30pm
Vista Academy (VAPA)	600 N. Santa Fe Dr Vista	June 19 - Aug 4	11am - 12pm
Vista Adult Transition Ctr	325 E. Bobier Dr Vista	June 19 - July 14	11am - 12pm
Vista Magnet Middle	151 Civic Center Dr. Vista	June 12 - June 30	12pm - 1pm

This delicious cold menu will be offered at the following locations:

Location	Address	Dates	Times
Boys & Girls Club	410 W. California Ave	June 8 - Aug 11	12pm - 1pm
Breeze Hill Elementary	1111 Melrose Way Vista	July 17 - Aug 11	11:30am - 12:30pm
Hannalei Elementary	120 Hannalei Dr. Vista	June 12 - July 7	11:45am - 12:15pm
Monte Vista Elementary	1720 Monte Vista Dr.	June 12 - July 14	10:30am - 11:30am
Olive Elementary	740 Olive Ave. Vista	June 12 - July 7	10:45am - 11:45am
RBV High School	1601 Longhorn Dr. Vista	June 8 - June 30	10:00am - 11:00am
Temple Hts. Elementary	1550 Temple Hts Dr	July 17 - Aug 11	11:30am - 12:30pm

Breakfast Meals

(includes entree, choice of fruit, 8 oz milk (1% or fat-free) and 4 oz 100% juice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
UBR Breakfast Bar	Pan Dulce	Yogurt & Granola	Eggo Mini Pancakes	Benefit Bar

Breakfast meals offered at Bobier Elementary
220 W. Bobier Dr. Vista | June 19 - June 30; 8am - 9am

FreshHealthyDelicious

Child Nutrition Rules & Regulations under USDA

To qualify as a reimbursable meal, children may select all 5 or as few as 3 of the food components offered, AND a 1/2 cup of fruit and/or vegetable. Components include: 1) fruit; 2) vegetable; 3) milk; 4) grains; 5) meat/meat alternates. Condiments do not count as a component. Meals must contain less than 10% calories from saturated fat. Menu and times subject to change without notice.



For more information, or for any questions
visit www.WaveCrestCafe.com
or call (760) 726-2170 x92400

This institution is an equal opportunity provider.

