

September 2018

Students will receive a meal kit and can choose to have an 8 oz milk and 4 oz 100% juice or fruit.

Supper meals provide choice of 3/4 cup fruit/juice and/or vegetable, 8 oz milk, 1 oz whole grain, and 2 oz protein.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sept. 3 - 7	HOLIDAY	Cinnamon Elf Grahams Vanilla Yogurt & String Cheese Craisins Baby Carrots Milk	Smuckers Uncrustables PB&J String Cheese Strawberry Banana Swirl Juice Baby Carrots Milk	Turkey Ham & Cheese Croissant Sandwich Mango Swirl Juice Baby Carrots Milk	Nature Valley Cinnamon Crisps Vanilla Yogurt & Roasted Seeds Applesauce cup Baby Carrots Milk
Sept. 10 - 14	Cinnamon Toast Crunch Strawberry Yoplait Go Pro Honey Roasted Seeds & Fruit Baby Carrots Milk	Smuckers Uncrustables PB&J String Cheese Strawberry Banana Swirl Juice Baby Carrots Milk	Eggo Mini Pancakes Vanilla Yogurt & String cheese Craisins Baby Carrots Milk	Ham & Cheese Cubes Jalapeno Puffs (NEW!) Mango Swirl Juice Baby Carrots Milk	Sunbutter Cup & Hartzels Colby Jack Cheese Stick Applesauce Cup Baby Carrots Milk
Sept. 17 - 21	Frosted Mini Wheats Strawberry Yoplait Go Pro Honey Roasted Seeds & Fruit Baby Carrots Milk	Smuckers Uncrustables PB&J String Cheese Strawberry Banana Swirl Juice Baby Carrots Milk	Nature Valley Cinnamon Crisps Vanilla Yogurt & String Cheese Craisins Baby Carrots Milk	Sunbutter Grape Sandwich Hardboiled Egg & Apple Slices Baby Carrots Milk	Original Hummus & Tortilla Chips, Roasted Seeds Applesauce cup Baby Carrots Milk
Sept. 24 - 28	Cinnamon Toast Crunch Strawberry Yoplait Go Pro Honey Roasted Seeds & Fruit Baby Carrots Milk	Smuckers Uncrustables PB&J String Cheese Strawberry Banana Swirl Juice Baby Carrots Milk	Kellogg's CrunchMania (NEW!) Vanilla Yogurt & String Cheese Craisins Baby Carrots Milk	Turkey & Cheese Cubes Jalapeno Puffs Mango Swirl Juice Baby Carrots Milk	Peanutbutter Cup & Mini Bagel Colby Jack Cheese Stick Applesauce Cup Baby Carrots Milk

Menu subject to change.

"This institution is an equal opportunity provider."

CONTAINS PEANUTS

Questions? Please contact us at (760) 726-2170 x92400

www.wavecrestcafe.com