

# WaveCrest Café Supper Meals

November 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
Oct. 29 - Nov. 2	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	Turkey Ham & Cheese Croissant Sandwich Apple Slices Baby Carrots Milk	Yummy Chillin' Pepperoni Pizza! Mango Swirl Juice Baby Carrots Milk	Nature Valley Cinnamon Crisps Vanilla Yogurt & Roasted Seeds Applesauce cup Baby Carrots Milk
Nov. 5-9	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	Cinnamon Elf Grahams Vanilla Yogurt & Colby Cheese Fresh Fruit Baby Carrots Milk	Turkey & Colby Jack Stick Jalapeno Cheese Puffs Craisins Baby Carrots Milk	Peanutbutter Cup & Heartzels Cheddar Cubes Apple Slices Baby Carrots Milk
Nov. 12-16	<b>HOLIDAY</b>	Cinnamon Chex Strawberry Yoplait Go Pro Honey Roasted Seeds & Fruit Baby Carrots Milk	Kellogg's CrunchMania Vanilla Yogurt & String Cheese Craisins Baby Carrots Milk	Yummy Chillin' Pepperoni Pizza! Mango Swirl Juice Baby Carrots Milk	Tuna Cup & Tortilla Chips Craisins Baby Carrots Milk
Nov. 19-23	<b>THANKSGIVING BREAK</b>				
Nov. 26-30	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	Nature Valley Cinnamon Crisps Vanilla Yogurt & Roasted Seeds Applesauce cup Baby Carrots Milk	Sunbutter Grape Sandwich String Cheese & 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](http://www.wavecrestcafe.com)