

WaveCrest Café Supper Meals

February 2019

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
Jan. 28 - Feb. 1	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 Sliced Apples 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
Feb. 4 - 8	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	Eggo Mini Pancake Dippers Hard Boiled Egg Strawberry Fruit Cups Baby Carrots Milk	Cinnamon Elf Grahams Vanilla Yogurt & String Cheese Craisins Baby Carrots Milk	Peanutbutter Cup & Mini Bagel Colby Jack Cheese Stick Applesauce Cup Baby Carrots Milk
Feb. 11 - 15	Cinnamon Chex Strawberry Yoplait Go Pro Honey Roasted Seeds & Fruit Baby Carrots Milk	Smuckers Uncrustables PB&J String Cheese Strawberry Banana Swirl Juice Baby Carrots Milk	Jennie-O Turkey Stick & Colby Cheese, Fresh Fruit, Jalapeno Cheese Puffs Baby Carrots Milk	Tuna Cup & Wheat Crackers Mango Swirl Juice Baby Carrots Milk	HOLIDAY
Feb. 18 - 22	HOLIDAY	Cinnamon Elf Grahams Strawberry Yoplait Go Pro Honey Roasted Seeds & Fruit Baby Carrots Milk	Smuckers Uncrustables PB&J String Cheese Strawberry Banana Swirl Juice Baby Carrots Milk	Chocolate Elf Grahams Strawberry Banana Yogurt Cheddar Cubes & Craisins Baby Carrots Milk	Nature Valley Cinnamon Crisps Vanilla Yogurt & Roasted Seeds Applesauce cup Baby Carrots Milk
Feb. 25 - Mar 1	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	Turkey Ham & Cheese Croissant Sandwich Sliced Apples Baby Carrots Milk	Yummy Chillin' Pepperoni Pizza! 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