

WaveCrest Café Supper Meals

August 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
August 15-16				Tuna Cup Tortilla Chips Dried Cranberries Mango or Straw/Banana Swirl Juice Milk	Peanut butter cup, Cheddar Cubes, Pretzel Goldfish, Fresh Fruit Mango or Straw/Banana Swirl Juice Milk
August 19-23	Churro Sticks Vanilla Yogurt, Honey Roasted Seeds & Fruit Mango or Straw/Banana Swirl Juice Milk	Smuckers Uncrustables PB&J String Cheese Baby Carrots Mango or Straw/Banana Swirl Juice Milk	Nature Valley Cinnamon Crisps Strawberry Banana Yogurt Cheddar Cubes Fruti Fruit Mango Tube Mango or Straw/Banana Swirl Juice Milk	Jalapeno Cheese Puffs Turkey Jerky Stick Hard-boiled Egg Raisins Mango or Straw/Banana Swirl Juice Milk	Heartzels & Turkey Stick Colby Jack Cheese Stick Applesauce Cup Mango or Straw/Banana Swirl Juice Milk
August 26-30	Eggo Mini Pancakes Vanilla Yogurt Honey Roasted Seeds & Fruit Mango or Straw/Banana Swirl Juice Milk	Smuckers Uncrustables PB&J String Cheese Baby Carrots Mango or Straw/Banana Swirl Juice Milk	Turkey Ham & Cheese Croissant Sandwich Applesauce Cup Mango or Straw/Banana Swirl Juice Milk	Chicken Bites with Boom Boom Dipping Sauce Fresh Fruit Mango or Straw/Banana Swirl Juice Milk	Peanut butter cup, Cheddar Cubes, Cheez Its Apple Slices Mango or Straw/Banana Swirl Juice 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