

WaveCrest Café Supper Meals

September 2019

Students will receive a meal kit and may also choose to include baby carrots and/or milk (1% white or nonfat chocolate).

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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| Sept. 2-6 | HOLIDAY | Chocolate Elf Grahams Vanilla Yogurt & Cheddar Cubes Craisins 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 Fresh Fruit Mango or Straw/Banana Swirl Juice Milk | Nature Valley Cinnamon Crisps Vanilla Yogurt & Honey Roasted Seeds Applesauce cup Mango or Straw/Banana Swirl Juice Milk |
| Sept. 9-13 | Cinnamon Chex Strawberry Yoplait Go Pro Honey Roasted Seeds & Fruit Mango or Straw/Banana Swirl Juice Milk | Welch's Strawberry PB&J Grahamwich with String Cheese Baby Carrots Mango or Straw/Banana Swirl Juice Milk | Eggo Mini Pancakes Vanilla Yogurt & Honey Roasted Seeds, Craisins Mango or Straw/Banana Swirl Juice Milk | Ham & Cheese Cubes Tiki Savory Crackers Fresh Fruit Mango or Straw/Banana Swirl Juice Milk | Peanutbutter Cup & Goldfish Pretzels Colby Jack Cheese Stick Apricot Fruit Cup Mango or Straw/Banana Swirl Juice Milk |
| Sept. 16-20 | Frosted Mini Wheats Strawberry Yoplait Go Pro 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 | Turkey Jerky Stick Hardboiled Egg Jalapeno Cheese Puffs Fresh Fruit Mango or Straw/Banana Swirl Juice Milk | Churro Sticks, Vanilla Yogurt Cheddar Cubes Mango Tube Mango or Straw/Banana Swirl Juice Milk |
| Sept. 23-27 | Cinnamon Toast Crunch Strawberry Yoplait Go Pro Honey Roasted Seeds & Fruit Mango or Straw/Banana Swirl Juice Milk | Welch's Strawberry PB&J Grahamwich with String Cheese Baby Carrots Mango or Straw/Banana Swirl Juice Milk | Kellogg's CrunchMania Vanilla Yogurt & Honey Seeds Craisins Mango or Straw/Banana Swirl Juice Milk | Chicken Bites with Boom Boom Dipping Sauce Fresh Fruit Mango or Straw/Banana Swirl Juice Milk | Sun Chips, Cheddar Cubes Jennie O Turkey Stick Strawberry Fruit Cup Mango or Straw/Banana Swirl Juice Milk |
| Sept. 30 - Oct. 4 | Frosted Mini Wheats Strawberry Yoplait Go Pro 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 | Eggo Mini Pancakes Vanilla Yogurt & Colby Jack Applesauce cup Mango or Straw/Banana Swirl Juice Milk | Turkey Coins & Cheese Cubes Tiki Savory Crackers Fresh Fruit Mango or Straw/Banana Swirl Juice Milk | Tortilla Chips, Cheese Dip Honey Roasted Seeds Raisins 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