

# 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	<b>Peanutbutter Cup** &amp; Goldfish Pretzels Colby Jack Cheese Stick Strawberry Fruit Cup Mango or Straw/Banana Swirl Juice Milk</b>
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	Churro Sticks, Trix Yogurt, Colby Jack Cheese, & Apple Chips Mango or Straw/Banana Swirl Juice Milk	Turkey Jerky Stick Hardboiled Egg Jalapeno Cheese Puffs Fresh Fruit Mango or Straw/Banana Swirl Juice Milk	Breakfast Bread, 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

**\*\* Friday 9/13, Jennie-O Turkey Stick (no allergens, no carbs) will replace peanut butter cup at these sites:  
Beaumont, Bobier, Boys & Girls Club, Breeze Hill, Casita, Foothill Oak, General Murray, Vista High, & Vista Magnet Middle**

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)