

WaveCrest Café Supper Meals

January 2020

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. 6-10	WINTER BREAK!	Cinnamon Toast Crunch Strawberry Banana Yoplait Trix Cup Sun-Berry Trail Mix 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 Vanilla Yogurt & Roasted Seeds Strawberry Cup Mango or Straw/Banana Swirl Juice Milk	Peanut Butter Cup & Pretzel Goldfish Colby Jack Cheese Stick Applesauce Cup Mango or Straw/Banana Swirl Juice Milk
Jan. 13-17	Frosted Mini Wheats Strawberry Banana Yoplait Trix Cup Sun-Berry Trail Mix Mango or Straw/Banana Swirl Juice Milk	Smuckers Uncrustables PB&J String Cheese Baby Carrots Mango or Straw/Banana Swirl Juice Milk	Turkey Jerky Sticks Colby Jack Cheese Tortilla Chips Applesauce Cup Mango or Straw/Banana Swirl Juice Milk	Chicken Bites Apple Slices Mango or Straw/Banana Swirl Juice Milk	Cheesy Bread Strawberry Cup Mango or Straw/Banana Swirl Juice Milk Ranch
Jan. 20-24	HOLIDAY	Cinnamon Chex Strawberry Banana Yoplait Trix Cup Sun-Berry Trail Mix Mango or Straw/Banana Swirl Juice Milk	Smuckers Uncrustables PB&J String Cheese Baby Carrots Mango or Straw/Banana Swirl Juice Milk	Turkey Jerky Sticks Colby Jack Cheese Tortilla Chips Applesauce Cup Mango or Straw/Banana Swirl Juice Milk	Kellogg's CrunchMania Honey Roasted Seeds Vanilla Yogurt Fresh Mango Tube Mango or Straw/Banana Swirl Juice Milk
Jan. 27-31	Cinnamon Toast Crunch Strawberry Banana Yoplait Trix Cup Honey Roasted Seeds Raisins Mango or Straw/Banana Swirl Juice Milk	Smuckers Uncrustables PB&J String Cheese Baby Carrots Mango or Straw/Banana Swirl Juice Milk	Club Croissant Sandwich Strawberry Cup Mango or Straw/Banana Swirl Juice Milk	Nature Valley Cinnamon Crisps Vanilla Yogurt & Roasted Seeds Apple Slices Mango or Straw/Banana Swirl Juice Milk	NON-STUDENT DAY

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