

WaveCrest Café Supper Meals

March 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
Mar. 2-6	Frosted Mini Wheats Strawberry Banana Yoplait Trix Cup Sun-Berry Trail Mix Mango or Straw/Banana Swirl Juice Milk	Cheese Cubes & Tortilla Chips Turkey Jerky Sticks Apple Slices 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 Apple Slices 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
Mar. 9-13	Cinnamon Toast Crunch Strawberry Banana Yoplait Trix Cup Sun-Berry Trail Mix Mango or Straw/Banana Swirl Juice Milk	Tuna & Tortilla Chips Apple Slices 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	Smuckers Uncrustables PB&J String Cheese Baby Carrots Mango or Straw/Banana Swirl Juice Milk	Turkey Jerky Sticks Colby Jack Cheese & Crackers Applesauce Mango or Straw/Banana Swirl Juice Milk
Mar. 16-20	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	Cheese Cubes & Tortilla Chips Turkey Jerky Sticks Dried Cranberries Mango or Straw/Banana Swirl Juice Milk	Nature Valley Cinnamon Crisps Vanilla Yogurt & Roasted Seeds Apple Slices 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
Mar. 23-27	Cinnamon Toast Crunch Strawberry Banana Yoplait Trix Cup Sun-Berry Trail Mix Mango or Straw/Banana Swirl Juice Milk	Turkey Jerky Sticks Colby Jack Cheese & Crackers Apple Slices Mango or Straw/Banana Swirl Juice Milk	Smuckers Uncrustables PB&J String Cheese Baby Carrots 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	Tuna & Tortilla Chips Applesauce Mango or Straw/Banana Swirl Juice Milk
Mar. 30-31	SPRING	BREAK			

If meal counts are higher than expected, backup meals will be offered.

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