



Menu Fall 2020: Middle/High School

September 8 - October 30, 2020

* All breakfasts are vegetarian EXCEPT Sausage & Cheese Burrito

Week 1

Week 2

	BREAKFAST	LUNCH	BREAKFAST	LUNCH
MONDAY	BENEFIT BAR	TURKEY BLT	WAFFLE	ITALIAN SANDWICH
TUESDAY	PANCAKES	BBQ PULLED PORK SANDWICH	PAN DULCE	CHEESEBURGER
WEDNESDAY	BERRY CRISP PARFAIT	CARNITAS SALAD	ORCHARD CRUNCH PARFAIT	CHICKEN CAESAR SALAD
THURSDAY	CHEESE QUESADILLA	BEAN BURRITO (COOKIE DAY!)	SAUSAGE & CHEESE BURRITO	KOREAN BBQ BOWL (COOKIE DAY!)
FRIDAY	MINI CINNIS	CHICKEN SANDWICH (REG. OR SPICY)	BAGEL & CREAM CHEESE	POPCORN CHICKEN

MEAL PRICES

All meals are offered at NO COST through December, 2020 via a special waiver by the USDA.

Fun Food Fact #2

California has official state foods!



State Fruit: Avocado



State Grain: Rice



State Nut: Almond



State Vegetable: Artichoke



Fresh
Healthy
Delicious

FOR INFORMATION, CONTACT:

Child Nutrition Services
(760) 726-2170 x 92400
info@wavecrestcafe.com
www.WaveCrestCafe.com



Fresh, seasonal California-grown fruits offered each week:

Apples, grapes, plums, pears, oranges, persimmons, tangerines, dried fruit, and bananas



Fresh vegetables offered each week:

Romaine lettuce, baby carrots, tomatoes, bell peppers, cucumber, fresh salsa, beans, corn, mixed greens, broccoli



HEALTH & LEARNING SUCCESS
GO HAND-IN-HAND

Eating fruits and vegetables helps your child grow, be healthy, and do well in school. Encourage your child to get 60 minutes of physical activity every day.

Menu subject to change

THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER.

