

WaveCrest Café Supper Meals

September 2020

Students will receive a supper meal kit providing 3/4 cup fruit/juice and/or vegetable, 8 oz milk, 1 oz whole grain, and 2 oz protein.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
September 14-20	Cereal & Yogurt Seeds Fruit Swirl Juice Milk	Cinnamon Crisp Cheese & Seeds Fruit Swirl Juice Milk	Chicken Chunks Nacho Cheese Fruit Swirl Juice Milk	Turkey and Cheese Sandwich Fruit Swirl Juice Milk	Tuna Cup Tortilla Chips Fruit Swirl Juice Milk	Turkey Jerky Cheese & Crackers Fruit Swirl Juice Milk	Crunch Mania Yogurt & Seeds Fruit Swirl Juice Milk
September 21-27	Cereal & Yogurt Seeds Fruit Swirl Juice Milk	Cinnamon Crisp Cheese & Seeds Fruit Swirl Juice Milk	Chicken Chunks Nacho Cheese Fruit Swirl Juice Milk	Turkey and Cheese Sandwich Fruit Swirl Juice Milk	Tuna Cup Tortilla Chips Fruit Swirl Juice Milk	Turkey Jerky Cheese & Crackers Fruit Swirl Juice Milk	Crunch Mania Yogurt & Seeds Fruit Swirl Juice Milk
September 28- October 4	Cereal & Yogurt Seeds Fruit Swirl Juice Milk	Cinnamon Crisp Cheese & Seeds Fruit Swirl Juice Milk	Chicken Chunks Nacho Cheese Fruit Swirl Juice Milk	Turkey and Cheese Sandwich Fruit Swirl Juice Milk	Tuna Cup Tortilla Chips Fruit Swirl Juice Milk	Turkey Jerky Cheese & Crackers Fruit Swirl Juice Milk	Crunch Mania Yogurt & Seeds Fruit Swirl Juice Milk

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

Questions? Please contact us at (760) 726-2170 x92399

Menu subject to change.

www.wavecrestcafe.com

This institution is an equal opportunity provider.