



# Virtual Menu Fall 2020: Middle/High School

## OCT 19 - DEC 18, 2020

\* Todos los desayunos son vegetarianos EXCEPTO Salchicha y Queso Burrito

### MEAL PRICES

Student meals are offered at NO COST through the 2020-21 school year via a special waiver by the USDA.

### ADULT MEALS

Breakfast: \$3.00 | Lunch: \$4.50 | Milk: \$0.35

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week 1</b> Oct 19; Nov 2; Nov 16; Nov 30; Dec 14							
BREAKFAST	Benefit Bar	Pancakes	Cheese Quesadilla	Berry Crisp Parfait	Mini Cinnis	Sausage & Cheese Biscuit	Banana Chocolate Chip Pan Bread
LUNCH	Turkey BLT	BBQ Pulled Pork Sandwich	Bean Burrito	Carnitas Salad (Cookie Day!)	Chicken Sandwich (Spicy)	Pork Nachos	Orange Chicken
<b>Week 2</b> Oct 26; Nov 9; Nov 23; Dec 7							
BREAKFAST	Waffle	Pan Dulce	Sausage & Cheese Burrito	Orchard Crunch Parfait	Bagel & Cream Cheese	Egg & Potato Burrito	Assorted Cereal
LUNCH	Italian Sandwich	Cheeseburger	Korean BBQ Bowl	Chicken Caesar Salad (Cookie Day!)	Popcorn Chicken	Carnitas Burrito	Chicken Fajita Bowl



#### 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.

**Child Nutrition Rules & Regulations Under USDA**  
To qualify as a reimbursable meal, students may select as many as 5 or as few as 3 of the food components offered and include 1/2 cup fruit and/or vegetable.

Components include 1) fruit, 2) vegetable, 3) milk, 4) grains, and 5) meat/meat alternate. Condiments do not count as a component. The high school lunch meal provides 750-850 calories and the high school

school breakfast provides 450-600 calories based on a weekly average. Meals must contain less than 10% calories from saturated fat.

#### FOR INFORMATION, CONTACT:

Child Nutrition Services  
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www.WaveCrestCafe.com



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