

Virtual Menu Fall 2020: Middle/High School

OCT 19 - DEC 18, 2020

* Todos los desayunos son vegetarianos EXCEPTO Salchica 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
Week 1 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
Week 2 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



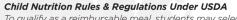
HEALTH & LEARNING SUCCESS GO HAND-IN-HAND

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.

FOR INFORMATION, CONTACT:

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





To qualify as a reimbursable meal, students may select grains, and 5) meat/meat alternate. Condiments do on a weekly average. Meals must contain less than 10% as many as 5 or as few as 3 of the food components not count as a component. The high school lunch calories from saturated fat. offered and include 1/2 cup fruit and/or vegetable. meal provides 750-850 calories and the high school

Components include 1) fruit, 2) vegetable, 3) milk, 4) school breakfast provides 450-600 calories based

