



Classic Menu Fall 2020: Elementary

OCT 19 - DEC 18, 2020

* All breakfasts are vegetarian EXCEPT Sausage & Cheese 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
Week 1 Oct 19; Nov 2; Nov 16; Nov 30; Dec 14					
BREAKFAST	Benefit Bar	Pancakes	Cheese Quesadilla	Berry Crisp Parfait	Mini Cinnis
LUNCH	Turkey BLT	BBQ Pulled Pork Sandwich	Bean Burrito	Carnitas Salad (Cookie Day!)	Chicken Sandwich
Week 2 Oct 26; Nov 9; Nov 23; Dec 7					
BREAKFAST	Waffle	Pan Dulce	Sausage & Cheese Burrito	Orchard Crunch Parfait	Bagel & Cream Cheese
LUNCH	Italian Sandwich	Cheeseburger	Korean BBQ Bowl	Chicken Caesar Salad (Cookie Day!)	Popcorn Chicken

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.

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 elementary lunch meal provides 550-650 calories and the elementary

school breakfast provides 350-500 calories based on a weekly average. Meals must contain less than 10% calories from saturated fat.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

