



Classic Menu Fall 2020: Middle/High School

OCT 19 - DEC 18, 2020

* All breakfasts are vegetarian EXCEPT Sausage & Cheese Burrito

	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 (Spicy)
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

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

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 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.

THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER.

