



Classic Menu Winter 2021

Mission Vista High School
January 4 - March 26, 2021

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 Jan 4; Jan 18; Feb 1; Feb 15; March 1; March 15					
BREAKFAST	Benefit Bar	French Toast Sticks	Sausage & Cheese Muffin	Berry Crisp Parfait	Chocolate Chip Muffin
LUNCH	WaveCrest Pizza (Cheese)	Popcorn Chicken with Chips OR Protein Box; Cookie Day	Grilled Cheese Sandwich	Chicken Tenders OR Bean Burrito	Hamburger OR Veggie Burger
Week 2 Jan 11; Jan 25; Feb 8; Feb 22; March 8; March 22					
BREAKFAST	Waffle	Pan Dulce	Sausage, Egg & Potato Burrito	Orchard Crunch Parfait	Bagel & Cream Cheese
LUNCH	WaveCrest Pizza (Pepperoni) OR Bean Burrito	Teriyaki Chicken with Rice OR Protein Box; Cookie Day	Bean & Rice Burrito Bowl	Tamale: Cheese and Green Chile	Chicken Ranch Wrap OR Protein Box

Fun Food Fact #2
 California has official state foods!

State Fruit: Avocado

State Grain: Rice

State Nut: Almond

State Vegetable: Artichoke

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 may include:
 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.

