



# Classic Menu Winter 2021

Rancho Buena Vista  
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
<b>Week 1</b> 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	Hamburger OR Veggie Burger	WaveCrest Pizza (Cheese)	Popcorn Chicken with Chips OR Protein Box; Cookie Day	Grilled Cheese Sandwich OR WaveCrest Pizza (Cheese)	Chicken Tenders OR Bean Burrito
<b>Week 2</b> 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	Chicken Ranch Wrap OR Protein Box	WaveCrest Pizza (Pepperoni) OR Bean Burrito	Teriyaki Chicken with Rice OR Protein Box; Cookie Day	Bean & Rice Burrito Bowl OR WaveCrest Pizza (Pepperoni)	Tamale: Cheese and Green Chile

**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](mailto:info@wavecrestcafe.com)  
[www.WaveCrestCafe.com](http://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.**

