



Classic Menu Winter 2021

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	Chicken Tenders OR Bean Burrito	Hamburger OR Veggie Burger	WaveCrest Pizza (Cheese)	Popcorn Chicken with Chips OR Protein Box; Cookie Day	Grilled Cheese Sandwich OR WaveCrest Pizza (Cheese)
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	Tamale: Cheese and Green Chile	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)

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 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.

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