

# WaveCrest Café Supper Meals

January 2021

Students will receive a supper meal kit providing 3/4 cup fruit/juice and/or vegetable, 8 oz milk, 1 oz whole grain, and 2 oz protein.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
January 4-8	Turkey Jerky & Cheese Stick Crackers Fruit Paradise Punch Milk	Cinnamon Crisp Yogurt & Cheese Fruit Paradise Punch Milk	Crunch Mania Cheese & Seeds Fruit Paradise Punch Milk	Cheese Sauce Refried Beans Tortilla Chips Fruit Paradise Punch Milk	Churro Yogurt & Seeds Fruit Paradise Punch Milk	Waffle Yogurt & Cheese Fruit Paradise Punch Milk	Cereal & Yogurt Seeds Fruit Paradise Punch Milk
January 11-15	Cereal & Yogurt Seeds Fruit Paradise Punch Milk	Crunch Mania Cheese & Seeds Fruit Paradise Punch Milk	Cinnamon Crisp Yogurt & Cheese Fruit Paradise Punch Milk	Tuna Cup Tortilla Chips Fruit Paradise Punch Milk	Churro Yogurt & Seeds Fruit Paradise Punch Milk	Cheese Sauce Refried Beans Tortilla Chips Fruit Paradise Punch Milk	Cereal & Yogurt Seeds Fruit Paradise Punch Milk
January 18-22	NO SCHOOL	Crunch Mania Cheese & Seeds Fruit Paradise Punch Milk	Cinnamon Crisp Yogurt & Cheese Fruit Paradise Punch Milk	Turkey Jerky & Cheese Stick Crackers Fruit Paradise Punch Milk	Churro Yogurt & Seeds Fruit Paradise Punch Milk	Cheese Sauce Refried Beans Tortilla Chips Fruit Paradise Punch Milk	Cereal & Yogurt Seeds Fruit Paradise Punch Milk
January 25-29	NO SCHOOL	Crunch Mania Cheese & Seeds Fruit Paradise Punch Milk	Cinnamon Crisp Yogurt & Cheese Fruit Paradise Punch Milk	Tuna Cup Tortilla Chips Fruit Paradise Punch Milk	Churro Yogurt & Seeds Fruit Paradise Punch Milk	Cheese Sauce Refried Beans Tortilla Chips Fruit Paradise Punch Milk	Cereal & Yogurt Seeds Fruit Paradise Punch Milk

If meal counts are higher than expected, backup meals will be offered.

Menu subject to change.

This institution is an equal opportunity provider.

Questions? Please contact us at (760) 726-2170 x92400

[www.wavecrestcafe.com](http://www.wavecrestcafe.com)