



Virtual Menu Winter 2021

JANUARY 4 - MARCH 26

All meal kits contain the 5 required components: Fruit, Veggies, Grains, Meats/Meat Alternates, & Milk

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 | SATURDAY | SUNDAY |
|--|---------------------------|-----------------------------|--------------------------------|------------------------|--------------------------|---------------------|---------------------------------|
| 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 | Assorted Cereals | Banana Chocolate Chip Pan Bread |
| LUNCH | WaveCrest Pizza (Cheese) | Chicken Tenders | Popcorn Chicken With Chips | Hamburger | Grilled Cheese Sandwich | Chicken Corndog | Bean Burrito |
| 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 | Pizza Toast | Assorted Cereal |
| LUNCH | WaveCrest Pizza Pepperoni | Cheese & Green Chile Tamale | Teriyaki Chicken With Rice | Chicken Ranch Wrap | Bean & Rice Burrito Bowl | Fish Sticks & Fries | Large PBJ Sandwich |



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.

FOR INFORMATION, CONTACT:

Child Nutrition Services
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www.WaveCrestCafe.com



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