



Classic Menu Spring 2021

Alta Vista; General Murray
April 5 - June 18, 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 April 5 & 19; May 3 & 17; June 1 & 14					
BREAKFAST	Banana Chocolate Oatmeal Round OR Assorted Cereal	Egg, Potato, & Cheese Burrito OR Bagel & Cream Cheese	Benefit Bar OR Assorted Cereal	Berry Crisp Parfait OR Mini Cinnis	Chorizo Egg Breakfast Burrito OR Assorted Cereal
LUNCH	Tamale w/ String Cheese OR PB&J (contains peanuts)	WaveCrest Pizza (Cheese & Pepperoni) OR PB&J (contains peanuts)	Chicken Bites with Chips, OR PB&J (contains peanuts)	Pulled Pork Gyro OR PB&J (contains peanuts); Cookie Day	Cheese Quesadilla OR PB&J (contains peanuts)
Week 2 April 12 & 26; May 10 & 24; June 7					
BREAKFAST	Chocolate or Blueberry Muffin OR Assorted Cereal	Pizza Toast OR Bagel & Cream Cheese	Pan Dulce OR Assorted Cereal	Orchard Crunch Parfait OR Pancakes	Sausage & Cheese Burrito OR Assorted Cereal
LUNCH	Carnitas Street Tacos OR PB&J (contains peanuts)	WaveCrest Pizza, Chicken Ramen, OR PB&J (contains peanuts)	Orange Chicken OR PB&J (contains peanuts)	Cheeseburger, Veggie Burger, OR PB&J (contains peanuts); Cookie Day	Chicken Sandwich OR PB&J (contains peanuts)

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.

THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER.

