



# Classic Menu Spring 2021

Breeze Hill, Hannalei, Lake, Monte Vista, VAPA  
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
<b>Week 1</b> 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	Chicken Bites OR Bean Burrito	Pulled Pork Gyro OR Yogurt & Granola; Cookie Day	WaveCrest Pizza (Cheese & Pepperoni) OR Bean Burrito	Cheese Quesadilla OR Bean Burrito	Tamale OR Yogurt & Granola
<b>Week 2</b> 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	Orange Chicken OR Bean Burrito	Cheeseburger, Veggie Burger OR Yogurt & Granola; Cookie Day	WaveCrest Pizza (Cheese & Pepperoni) OR Bean Burrito	Chicken Sandwich OR Bean Burrito	Carnitas Street Tacos OR Yogurt & Granola

**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.**

