



Classic Menu Spring 2021

Mission Vista High School
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	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)	Tamale w/ String Cheese, Pizza, 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	WaveCrest Pizza OR PB&J (contains peanuts)	Orange Chicken OR PB&J (contains peanuts)	Cheeseburger, Veggie Burger, OR PB&J (contains peanuts); Cookie Day	Chicken Sandwich, Chicken Ramen, OR PB&J (contains peanuts)	Carnitas Street Tacos, Pizza, 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.

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