WAVECREST CAFE

Classic Menu Spring 2021

Mission Vista High School
April 5 - June 18, 2021

	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

WAVECREST CAFE 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.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.