



# Classic Menu Spring 2021

Vista Adult Transition Center (VATC)  
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	Tamale w/ String Cheese Cookie Day	Pulled Pork Gyro	WaveCrest Pizza (Cheese & Pepperoni)	Cheese Quesadilla	Chicken Bites with Chips OR WaveCrest Pizza (Cheese & Pepperoni)
<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	Carnitas Street Tacos Cookie Day	Cheeseburger OR Veggie Burger	WaveCrest Pizza (Cheese & Pepperoni)	Chicken Sandwich	Orange Chicken OR WaveCrest Pizza (Cheese & Pepperoni)

**Fun Food Fact #2**  
 California has official state foods!

State Fruit: Avocado

State Grain: Rice

State Nut: Almond

State Vegetable: Artichoke

**FOR INFORMATION, CONTACT:**  
 Child Nutrition Services  
 (760) 726-2170 x 92400  
[info@wavecrestcafe.com](mailto:info@wavecrestcafe.com)  
[www.WaveCrestCafe.com](http://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.**

