

Fall 2021 Menu

Casita, Grapevine, Maryland August 18 - November 5, 2021

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|--|---|---|---|---|---|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| Week 1 8/18 & 8/30; 9/13 & 9/27; 10/11 & 10/25 | | | | | |
| BREAKFAST | Benefit Bar, Cheese Quesadilla, OR Assorted Cereal | Pan Dulce, Sausage & Cheese Biscuit, OR Assorted Cereal | Banana Bread, Egg & Cheese Burrito, OR Assorted Cereal | Mini Pancakes, Ham & Cheese Breakfast Sandwich, OR Assorted Cereal | Bagel & Cream Cheese, Sausage & Cheese Burrito, OR Assorted Cereal |
| LUNCH | Chicken Sandwich (Reg. or Spicy) OR Yogurt & Granola | Chicken Curry OR Yogurt & Granola | Chicken Corndog OR Yogurt & Granola | Grilled Cheese Sandwich OR Yogurt & Granola; COOKIE DAY! | WaveCrest Pizza (various options) OR Yogurt & Granola |
| Week 2 8/23; 9/7 & 9/20; 10/4 & 10/18; 11/1 | | | | | |
| BREAKFAST | Benefit Bar, Cheese Quesadilla, OR Assorted Cereal | Pan Dulce, Sausage & Cheese Biscuit, OR Assorted Cereal | Banana Bread, Egg & Cheese Burrito, OR Assorted Cereal | Mini Pancakes, Ham & Cheese Breakfast Sandwich, OR Assorted Cereal | Bagel & Cream Cheese, Sausage & Cheese Burrito, OR Assorted Cereal |
| LUNCH | Brunch for Lunch: French Toast & Sausage OR Yogurt & Granola | Carnitas Burrito OR Yogurt & Granola | Hamburger, Cheeseburger, VeggieBurger, OR Yogurt & Granola | Popcorn Chicken OR Yogurt & Granola; COOKIE DAY! | WaveCrest Pizza (various options) OR Yogurt & Granola |

MEAL PRICES

Student meals are offered at NO COST through the 2021-22 school year via a special waiver by the USDA.

ADULT MEALS

Breakfast: \$3.00 | Lunch: \$4.50 | Milk: \$0.35



PIZZA OFFERINGS Always: Cheese, Pepperoni Aug/Sept: Veggie Lovers Oct/Nov: Meat Lovers



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

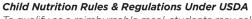
Eating fruits and vegetables helps your child grow, be healthy, and do well in school. Encourage your child to get 60 minutes of physical activity every day.

FOR INFORMATION, CONTACT:

Child Nutrition Services (760) 726-2170 x 92400 info@wavecrestcafe.com www.WaveCrestCafe.com



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



To qualify as a reimbursable meal, students may select grains, and 5) meat/meat alternate. Condiments do on a weekly average. Meals must contain less than 10% as many as 5 or as few as 3 of the food components ont count as a component. The elementary lunch calories from saturated fat. offered and include 1/2 cup fruit and/or vegetable. meal provides 550-650 calories and the elementary

Components include 1) fruit, 2) vegetable, 3) milk, 4) school breakfast provides 350-500 calories based





