



Fall 2021 Menu

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

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

	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

Fun Food Fact #1
 California grows the most food!

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.

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.

FOR INFORMATION, CONTACT:
 Child Nutrition Services
 (760) 726-2170 x 92400
info@wavecrestcafe.com
www.WaveCrestCafe.com

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

