



Fall 2021 Menu: Middle Schools

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
Fall Menu Served August 18 - November 5, 2021					
BREAKFAST (All Schools)	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 Madison, Rancho Minerva	Chicken Curry OR Brunch for Lunch: French Toast & Sausage	WaveCrest Pizza (various options) OR Chicken Burrito	Hamburger, Cheeseburger, VeggieBurger, OR Yogurt Parfait w/ Berries & Granola	Buffalo Chicken Tater Tot Nachos, WaveCrest Pizza, OR Chicken Corndog; COOKIE DAY!	Chicken Sandwich (Reg. or Spicy), Black Bean Burger, OR Beef Rolled Tacos
LUNCH Roosevelt	WaveCrest Pizza (various options) OR Chicken Burrito	Chicken Curry OR Brunch for Lunch: French Toast & Sausage	Hamburger, Cheeseburger, VeggieBurger, OR Yogurt Parfait w/ Berries & Granola	Buffalo Chicken Tater Tot Nachos OR Chicken Corndog; COOKIE DAY!	Chicken Sandwich (Reg. or Spicy), Black Bean Burger, WaveCrest Pizza, OR Beef Rolled Tacos
LUNCH Vista Magnet, VIDA	WaveCrest Pizza (various options) OR Chicken Burrito	Chicken Curry OR Brunch for Lunch: French Toast & Sausage	Hamburger, Cheeseburger, VeggieBurger, OR Yogurt Parfait w/ Berries & Granola	Buffalo Chicken Tater Tot Nachos, WaveCrest Pizza, OR Chicken Corndog; COOKIE DAY!	Chicken Sandwich (Reg. or Spicy), Black Bean Burger, OR Beef Rolled Tacos

Fun Food Fact #1
 California grows the most food!

EVERYDAY OPTIONS
 Veggie Protein Salad
 Large PB&J Sandwich

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
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