



# Fall 2021 Menu: VATC

## 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  |
|-----------|---|---|--|---|---|
| BREAKFAST | Benefit Bar,<br>Cheese Quesadilla,<br>OR Assorted Cereal        | Pan Dulce, Sausage<br>& Cheese Biscuit,<br>OR Assorted Cereal                             | Banana Bread, Egg<br>& Cheese Burrito,<br>OR Assorted Cereal | Mini Pancakes, Ham<br>& Cheese Breakfast<br>Sandwich, OR<br>Assorted Cereal                       | Bagel & Cream Cheese,<br>Sausage & Cheese<br>Burrito, OR<br>Assorted Cereal |
| LUNCH     | Chicken Curry OR<br>Brunch for Lunch:<br>French Toast & Sausage | Hamburger,<br>Cheeseburger,<br>VeggieBurger,<br>OR Yogurt Parfait<br>w/ Berries & Granola | WaveCrest Pizza<br>(various options) OR<br>Chicken Burrito   | Buffalo Chicken<br>Tater Tot Nachos,<br>Chicken Sandwich, OR<br>Black Bean Burger;<br>COOKIE DAY! | Chicken Corndog,<br>WaveCrest Pizza,<br>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  
 (760) 726-2170 x 92400  
[info@wavecrestcafe.com](mailto:info@wavecrestcafe.com)  
[www.WaveCrestCafe.com](http://www.WaveCrestCafe.com)

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