

WaveCrest Café Supper Meals

September 2021

Students will receive a supper meal kit providing 1/2 cup vegetable 1/4 cup of fruit, 8 oz milk, 1 oz whole grain, and 2 oz protein.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 6-10	NO SCHOOL	Cereal & Yogurt Seeds Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk	Cinnamon Crisp The Amazing Chickpea Chocolate Spread, Seeds Fruit Paradise Punch Milk	Tuna Cup Crackers Fruit Paradise Punch Milk
September 13-17	Peanut Butter Cup Cheese & Crackers Fruit Paradise Punch Milk	Jack Links Chicken Bites Cracker & Cheese Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk	Chex Mix- Strawberry Yogurt Flavor Yogurt & Seeds Fruit Paradise Punch Milk	Smokehouse Turkey Stick & Cheese Stick Crackers Fruit Paradise Punch Milk
September 20-24	Waffle Yogurt & Seeds Frozen Fruit Paradise Punch Milk	Cereal & Yogurt Seeds Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk	Cinnamon Crisp The Amazing Chickpea Chocolate Spread, Seeds Fruit Paradise Punch Milk	Tuna Cup Crackers Fruit Paradise Punch Milk
September 27- October 1	Peanut Butter Cup Cheese & Crackers Fruit Paradise Punch Milk	Jack Links Chicken Bites Cracker & Cheese Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk	Chex Mix- Strawberry Yogurt Flavor Yogurt & Seeds Fruit Paradise Punch Milk	Smokehouse Turkey Stick & Cheese Stick Crackers Fruit Paradise Punch Milk

If meal counts are higher than expected, backup meals will be offered.

Questions? Please contact us at (760) 726-2170 x92400

Menu subject to change.

This institution is an equal opportunity provider.