

WaveCrest Café Supper Meals

November 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
November 1-5	Chocolate Elf Graham The Amazing Chickpea Chocolate Spread, Seeds Fruit Paradise Punch Milk	Jack Link Chicken Bites & Cheese Stick Crackers Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk	Cereal & Yogurt Seeds Fruit Paradise Punch Milk	Tuna Cup Tortilla Chips Fruit Paradise Punch Milk
November 8-12	Hard Boiled Egg Crackers Fruit Paradise Punch Milk	Smokehouse Turkey Stick & Cheese Stick Sun Chips Fruit Paradise Punch Milk	Cereal & Yogurt Seeds Fruit Paradise Punch Milk	NO SCHOOL	Hummus Crackers Fruit Paradise Punch Milk
November 15-19	Chocolate Elf Graham The Amazing Chickpea Chocolate Spread, Seeds Fruit Paradise Punch Milk	Jack Link Chicken Bites & Cheese Stick Crackers Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk	Cereal & Yogurt Seeds Fruit Paradise Punch Milk	Tuna Cup Crackers Fruit Paradise Punch Milk
November 23-27	Thanksgiving Break				
November 29- December 3	Chocolate Elf Graham The Amazing Chickpea Chocolate Spread, Seeds Fruit Paradise Punch Milk	Smokehouse Turkey Stick & Cheese Stick Sun Chips Fruit Paradise Punch Milk	Chex Mix- Strawberry Yogurt Flavor Yogurt & Seeds Fruit Paradise Punch Milk	Cereal & Yogurt Seeds Fruit Paradise Punch Milk	Hummus Crackers Fruit Paradise Punch Milk

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

Menu subject to change.

CONTAINS PEANUTS

This institution is an equal opportunity provider.

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

www.wavecrestcafe.com