

WaveCrest Café Supper Meals

October 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
October 4-8	Cracker PB Cup & String Cheese Fruit Paradise Punch Milk	Cereal & Yogurt Seeds Fruit Paradise Punch Milk	Cinnamon Crisp The Amazing Chickpea Chocolate Spread, Seeds Fruit Paradise Punch Milk	Jack Links Chicken Bites Cracker & Cheese Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk
October 11-15	Cereal & Yogurt Seeds Fruit Paradise Punch Milk	Smokehouse Turkey Stick & Cheese Stick Sun Chips Fruit Paradise Punch Milk	Tuna Cup Crackers Fruit Paradise Punch Milk	Chex Mix- Strawberry Yogurt Flavor Yogurt & Seeds Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk
October 18-22	Cracker PB Cup & String Cheese Fruit Paradise Punch Milk	Cereal & Yogurt Seeds Fruit Paradise Punch Milk	Chocolate Elf Graham The Amazing Chickpea Chocolate Spread, Seeds Fresh Fruit Paradise Punch Milk	Jack Links Chicken Bites Cracker & Cheese Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk
October 25-29	Cereal & Yogurt Seeds Fruit Paradise Punch Milk	Smokehouse Turkey Stick & Cheese Stick Sun Chips Fruit Paradise Punch Milk	Tuna Cup Crackers Fruit Paradise Punch Milk	Chex Mix- Strawberry Yogurt Flavor Yogurt & Seeds Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk

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

Menu subject to change.

This institution is an equal opportunity provider.