



Winter 2021-22 Menu

Breeze Hill, Hannalei, Lake, Monte Vista, VAPA
November 8, 2021 - March 4, 2022

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



Scan QR code for menus

PIZZA OFFERINGS
Always: Cheese, Pepperoni
Nov/Dec: Hawaiian
Jan-Mar Combo

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 11/8; 11/29; 12/13; 1/11; 1/24; 2/7; 2/22					
BREAKFAST	Waffle, Chorizo Egg Breakfast Burrito OR Assorted Cereal	Benefit Bar, Sausage & Cheese Muffin, OR Assorted Cereal	Pan Dulce, Orchard Crunch Yogurt Parfait, OR Assorted Cereal	Banana Chocolate Oatmeal Round, Pizza Toast, OR Assorted Cereal	Bagel & Cream Cheese, Sausage & Cheese Burrito, OR Assorted Cereal
LUNCH	Chicken Street Tacos OR Yogurt & Granola	Korean BBQ Pork Sliders OR Yogurt & Granola	WaveCrest Pizza OR Yogurt & Granola	Bean & Cheese Burrito OR Yogurt & Granola	Vegetarian Chili Cheese Nachos OR Yogurt & Granola COOKIE DAY!
Week 2 11/15; 12/6; 12/20; 1/18; 1/31; 2/14; 2/28					
BREAKFAST	Waffle, Chorizo Egg Breakfast Burrito OR Assorted Cereal	Benefit Bar, Sausage & Cheese Muffin, OR Assorted Cereal	Pan Dulce, Orchard Crunch Yogurt Parfait, OR Assorted Cereal	Banana Chocolate Oatmeal Round, Pizza Toast, OR Assorted Cereal	Bagel & Cream Cheese, Sausage & Cheese Burrito, OR Assorted Cereal
LUNCH	Bean & Cheese Pupusa OR Yogurt & Granola	Hamburger, Cheeseburger, Spicy Black Bean Burger OR Yogurt & Granola	WaveCrest Pizza OR Yogurt & Granola	Orange Chicken & Rice OR Yogurt & Granola	Chicken Bites OR Yogurt & Granola COOKIE DAY!



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
www.WaveCrestCafe.com



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