



# Winter 2021-22 Menu

Casita, Grapevine, Maryland  
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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> 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	Bean & Cheese Burrito OR Yogurt & Granola	Korean BBQ Pork Sliders OR Yogurt & Granola	Vegetarian Chili Cheese Nachos OR Yogurt & Granola COOKIE DAY!	WaveCrest Pizza OR Yogurt & Granola
<b>Week 2</b> 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	Orange Chicken & Rice OR Yogurt & Granola	Hamburger, Cheeseburger, Spicy Black Bean Burger OR Yogurt & Granola	Chicken Bites OR Yogurt & Granola COOKIE DAY!	WaveCrest Pizza OR Yogurt & Granola



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



### 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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