



Winter 2021-22 Menu: VATC

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
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 Chicken Bites with Tortilla Chips COOKIE DAY!	BLT Club Wrap, Hamburger, Cheeseburger, OR Black Bean Burger	Korean BBQ Pork Sliders OR WaveCrest Pizza	Orange Chicken & Rice, Chicken Sandwich, OR Spicy Black Bean Burger	Vegetarian Chili Cheese Nachos, Bean & Cheese Pupusa, OR WaveCrest Pizza



Scan QR code for menus

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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