



# Winter 2021-22 Menu: High Schools

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>BREAKFAST (All Schools)</b>	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
<b>LUNCH Alta Vista, Gen. Murray</b>	Chicken Street Tacos OR Bean & Cheese Pupusa	Korean BBQ Pork Sliders OR WaveCrest Pizza	Orange Chicken & Rice, Chicken Sandwich OR Black Bean Burger	BLT Club Wrap, Hamburger, Cheeseburger OR Spicy Black Bean Burger	Vegetarian Chili Cheese Nachos OR Chicken Bites & Tortilla Chips <b>COOKIE DAY!</b>
<b>LUNCH Rancho Buena Vista</b>	Chicken Street Tacos OR Orange Chicken & Rice <b>COOKIE DAY!</b>	Korean BBQ Pork Sliders OR WaveCrest Pizza	Bean & Cheese Pupusa Hamburger, Cheeseburger OR Spicy Black Bean Burger	BLT Club Wrap, Chicken Sandwich, Black Bean Burger, OR WaveCrest Pizza	Vegetarian Chili Cheese Nachos OR Chicken Bites & Tortilla Chips
<b>LUNCH Mission Vista</b>	Korean BBQ Pork Sliders OR WaveCrest Pizza	Chicken Street Tacos OR Orange Chicken & Rice	BLT Club Wrap, Hamburger, Cheeseburger, OR Black Bean Burger	Vegetarian Chili Cheese Nachos OR Chicken Bites & Tortilla Chips <b>COOKIE DAY!</b>	Bean & Cheese Pupusa, WaveCrest Pizza, Chicken Sandwich, Spicy Black Bean Burger
<b>LUNCH Vista High</b>	Chicken Street Tacos OR Chicken Bites & Tortilla Chips <b>COOKIE DAY!</b>	BLT Club Wrap, Hamburger, Cheeseburger, OR Black Bean Burger	Korean BBQ Pork Sliders OR WaveCrest Pizza	Orange Chicken & Rice, Chicken Sandwich, Black Bean Burger	Vegetarian Chili Cheese Nachos, WaveCrest Pizza OR Bean & Cheese Pupusa



Scan QR code for menus

## EVERYDAY OPTIONS

Rainbow Chop Salad  
Large PB&J Sandwich

## 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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