

WaveCrest Café Supper Meals

January 2022

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
January 3-7	Crackers The Amazing Chickpea Chocolate Spread, Seeds Fruit Paradise Punch Milk	Smokehouse Turkey Stick & Cheese Stick Sun Chips Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk	Tuna Cup Wheat Crackers Fruit Paradise Punch Milk	Churro Yogurt & Seeds Fruit Paradise Punch Milk
January 10-14	NO SCHOOL	Tuna Cup Wheat Crackers Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk	Smokehouse Turkey Stick & Cheese Stick Sun Chips Fruit Paradise Punch Milk	Churro Yogurt & Seeds Fruit Paradise Punch Milk
January 17-21	NO SCHOOL	Graham Crackers Yogurt & Cheese Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk	Tuna Cup Wheat Crackers Fruit Paradise Punch Milk	Churro Yogurt & Seeds Fruit Paradise Punch Milk
January 31-February 4	Graham Crackers Yogurt & Cheese Fruit Paradise Punch Milk	Cereal & Yogurt Seeds Fruit Paradise Punch Milk	Smuckers Uncrustables PB&J Cheese Stick Fruit Paradise Punch Milk	Smokehouse Turkey Stick & Cheese Stick Sun Chips Fruit Paradise Punch Milk	Churro Yogurt & Seeds 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.