



Spring 2022 Menu

Casita, Grapevine, Maryland
March 7 - June 8, 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
Week 1 3/7; 3/21; 4/11; 4/25; 5/9; 5/23; 6/6					
BREAKFAST	Blueberry Muffin, Breakfast Bowl OR Assorted Cereal	Benefit Bar, Egg, Potato & Cheese Burrito OR Assorted Cereal	Banana Bread, Parfait OR Assorted Cereal	Bagel & Cream Cheese, French Toast Sticks OR Assorted Cereal	Pan Dulce, Sausage & Cheese Burrito OR Assorted Cereal
LUNCH	Fish Tacos OR Bean & Cheese Burrito COOKIE DAY!	Red Chicken Tamales OR Yogurt & Granola	Popcorn Chicken & Mashed Potato Bowl OR Bean & Cheese Burrito	Chicken Sandwich OR Yogurt & Granola	WaveCrest Pizza OR Bean & Cheese Burrito
Week 2 3/14; 4/4; 4/18; 5/2; 5/16; 5/31					
BREAKFAST	Blueberry Muffin, Breakfast Bowl OR Assorted Cereal	Benefit Bar, Egg, Potato & Cheese Burrito OR Assorted Cereal	Banana Bread, Parfait OR Assorted Cereal	Bagel & Cream Cheese, French Toast Sticks OR Assorted Cereal	Pan Dulce, Sausage & Cheese Burrito OR Assorted Cereal
LUNCH	Cheese Quesadilla OR Yogurt & Granola COOKIE DAY!	Turkey Sandwich OR Bean & Cheese Burrito	Teriyaki Chicken & Noodles OR Yogurt & Granola	Hamburger, Cheeseburger, Black Bean Burger OR Bean & Cheese Burrito	WaveCrest Pizza OR Yogurt & Granola



Scan QR code for menus

PIZZA OFFERINGS

Always: Cheese, Pepperoni
March/April: Cheeseburger
May/June: Buffalo Chicken



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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