WAVECREST CAFE

Spring 2022 Menu: High Schools

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
BREAKFAST (All Schools)	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 Alta Vista, Gen. Murray	Popcorn Chicken & Mashed Potato Bowl OR Pepper Jack Quesadilla	Teriyaki Chicken & Noodles OR WaveCrest Pizza	Fajita Chicken Bowl, Hamburger, Cheeseburger. OR Black Bean Burger	Chile Verde Pork Carnitas Nachos OR Chicken Sandwich	Fish Tacos OR Red Chicken Tamales COOKIE DAY!
LUNCH Rancho Buena Vista	Popcorn Chicken & Mashed Potato Bowl OR Pepper Jack Quesadilla	Teriyaki Chicken & Noodles OR WaveCrest Pizza	Fajita Chicken Bowl, Hamburger, Cheeseburger. OR Black Bean Burger	Chile Verde Pork Carnitas Nachos OR WaveCrest Pizza	Fish Tacos, Chicken Sandwich OR Red Chicken Tamales COOKIE DAY!
LUNCH Mission Vista	Teriyaki Chicken & Noodles OR WaveCrest Pizza	Popcorn Chicken & Mashed Potato Bowl OR Pepper Jack Quesadilla	Fajita Chicken Bowl, Hamburger, Cheeseburger. OR Black Bean Burger	Chile Verde Pork Carnitas Nachos OR Chicken Sandwich	Fish Tacos, WaveCrest Pizza OR Red Chicken Tamales COOKIE DAY!
LUNCH Vista High	Popcorn Chicken & Mashed Potato Bowl OR Pepper Jack Quesadilla; COOKIE DAY!	Fajita Chicken Bowl, Hamburger, Cheeseburger. OR Black Bean Burger	Teriyaki Chicken & Noodles OR WaveCrest Pizza	Chile Verde Pork Carnitas Nachos OR Chicken Sandwich	Fish Tacos, WaveCrest Pizza OR Red Chicken Tamales

Scan QR code for menus

EVERYDAY OPTIONS
Strawberry Spinach Salad
Large PB&J Sandwich

PIZZA OFFERINGS
Always: Cheese, Pepperoni
Mar/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.*

[redacted]

FOR INFORMATION, CONTACT:
Child Nutrition Services
(760) 726-2170 x 92400
info@wavecrestcafe.com
www.WaveCrestCafe.com

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Follow us: @wavecrestcafe
Instagram: wavecrest_cafe