



# SUMMER MENU

6/20 - 8/12, 2022

Free lunch for all children 18 years or younger  
Meals served Monday - Friday (no meals served June 20th or July 4th)  
Meals prepared daily by WaveCrest Cafe

## LOCATION - DATES - TIMES

**Rancho Buena Vista High School:** 1601 Longhorn Dr. Vista  
Dates: 6/13 - 7/22    Breakfast: 7:30 - 8:00 AM    Lunch: 11:00 - 11:30 AM

**T.H.E. Leadership Academy:** 1550 Temple Hts. Dr. Oceanside  
Dates: 6/13 - 8/5    Breakfast: 7:45 - 8:30 AM    Lunch: 11:30 AM - 12:30 PM

**Vista Academy (VAPA):** 600 N. Santa Fe Dr. Vista  
Dates: 6/13 - 8/5    Breakfast: 7:45 - 8:30 AM    Lunch: 11:15 AM - 11:45 AM

**Vista High School:** 1 Panther Way Vista  
Dates: 6/13 - 8/5    Breakfast: 8:00 - 8:30 AM    Lunch: 12:00 - 12:30 PM

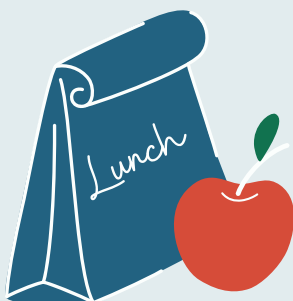
**Boys & Girls Club of Vista:** 410 W. California Ave. Vista  
Dates: 6/13 - 8/12    Breakfast: 9:00 - 9:30 AM    Lunch: 12:00 - 1:00 PM

## BREAKFAST MENU

**Monday:** Fruity Cheerios Breakfast Break with Juice  
**Tuesday:** Cinnamon Pop-Tart Breakfast Break with Juice  
**Wednesday:** Chocolate Oatmeal Breakfast Round with Frozen Fruit Cup  
**Thursday:** Strawberry Pop-Tart Breakfast Break with Juice  
**Friday:** Cinnamon Toast Crunch Breakfast Break with Applesauce

Breakfast served with assorted fresh fruit and milk (1% white or non-fat chocolate)

Menus subject to change.  
Scan here for any updates



**WEEK ONE:** 6/20; 7/4; 7/18; 8/1

### MONDAY: BREAKFAST FOR LUNCH

Muffin, yogurt, string cheese, cranberries; grape tomatoes

### TUESDAY: PEANUT BUTTER PACKET +

Crackers, string cheese, raisins, sliced cucumbers

### WEDNESDAY: TURKEY & CHEESE SUB

Frozen strawberry cup, broccoli, COOKIE!

### THURSDAY: CHICKEN CURRY WRAP

Applesauce, roasted chickpeas

### FRIDAY: UNCRUSTABLES SANDWICH

Frozen blueberries, jicama sticks

**WEEK TWO:** 6/27; 7/11; 7/25; 8/8

### MONDAY: SMOOTHIE LUNCH PACK

Cinnamon roll, string cheese, raisins, grape tomatoes

### TUESDAY: BREAKFAST FOR LUNCH

Waffle, yogurt, string cheese, cranberries, cucumbers

### WEDNESDAY: HAM & CHEESE SANDWICH

Frozen fruit cup, broccoli, COOKIE!

### THURSDAY: SOUTHWEST CHICKEN WRAP

Applesauce, celery

### FRIDAY: BUILD YOUR OWN PIZZA PACK

Flatbread, tomato sauce, mozzarella cheese, pepperoni, raisins, jicama sticks

Lunch meals include cold entree, 8 oz milk (1% or chocolate nonfat), fresh fruit & fresh vegetables!

### Child Nutrition Rules & Regulations under USDA

To qualify as a reimbursable meal, children may select all 5 or as few as 3 of the food components offered, AND a 1/2 cup of fruit and/or vegetable. Components include: 1) fruit; 2) vegetable; 3) milk; 4) grains; 5) meat/meat alternates. Condiments do not count as a component. Meals must contain less than 10% calories from saturated fat. Menu and times are subject to change without notice.



For more information contact [www.WaveCrestCafe.com](http://www.WaveCrestCafe.com) or call (760) 726-2170 x 92400

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