



# Fall 2022 Menu: Middle Schools

August 17 - November 4, 2022

**MEAL PRICES**  
Student meals are offered at NO COST through the 2022-23 school year.

**ADULT MEALS**  
Breakfast: \$3.00 | Lunch: \$4.50 | Milk: \$0.50

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST (All Schools)</b>	Waffle, Ham & Cheese Breakfast Sandwich, OR Assorted Cereal	Benefit Bar, Turkey Sausage Pancake Wrap, OR Assorted Cereal	Bagel & Cream Cheese, Pizza Toast, OR Assorted Cereal	Pan Dulce, Orchard Crunch Yogurt Parfait, OR Assorted Cereal	Cinnamon Roll, Sausage & Cheese Burrito, OR Assorted Cereal
<b>LUNCH Madison, Rancho Minerva</b>	Orange Chicken & Rice OR Beef Rolled Tacos	Cubano Hot Ham Sandwich OR WaveCrest Pizza	Mac & Cheese OR Chicken Sandwich (Reg. or Spicy); COOKIE DAY!	Chicken Burrito, Hot & Spicy Chicken Tenders OR WaveCrest Pizza	Breaded Pizza Cheese Crunchers, Hamburger, Cheeseburger OR Spicy Black Bean Burger
<b>LUNCH Roosevelt</b>	Cubano Hot Ham Sandwich OR WaveCrest Pizza	Chicken Burrito OR Hot & Spicy Chicken Tenders	Mac & Cheese OR Chicken Sandwich (Reg. or Spicy)	Orange Chicken & Rice, Hamburger, Cheeseburger, OR Spicy Black Bean Burger; COOKIE DAY!	Breaded Pizza Cheese Crunchers, Beef Rolled Tacos OR WaveCrest Pizza
<b>LUNCH Vista Magnet, VIDA</b>	Cubano Hot Ham Sandwich OR WaveCrest Pizza	Chicken Burrito OR Hot & Spicy Chicken Tenders	Mac & Cheese, Chicken Sandwich (Reg. or Spicy), OR Breaded Pizza Cheese Crunchers	Beef Rolled Tacos OR WaveCrest Pizza	Orange Chicken & Rice, Hamburger, Cheeseburger, OR Spicy Black Bean Burger; COOKIE DAY!



Scan QR code for menus

## EVERYDAY OPTIONS

Chicken Caesar Salad  
Large PB&J Sandwich  
Bento Box  
Ham & Cheese Sub

**PIZZA OFFERINGS**  
Cheese, Pepperoni, Meat Lovers



Fresh seasonal fruits  
offered daily



Fresh seasonal vegetables  
offered daily



## 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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