

WaveCrest Café Supper Meals

September 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
September 1-2	(See August Menu)	(See August Menu)	(See August Menu)	Tuna Cup Crackers Fruit Milk Paradise Punch	Jack Links & Sunflower Seeds Crackers Fruit Milk Paradise Punch
September 5-9	NO SCHOOL	Graham Crackers Chocolate Amazing Chickpea Spread Sunflower seeds Fruit Milk Paradise Punch	Hummus & Cheese Stick (2) Mini Flat Rounds Fruit Milk Celery Sticks	Smoothie String Cheese Chex Mix-Strawberry Yogurt Sliced Cucumbers Milk	Ham & Cheese Sub Fruit Milk Paradise Punch
September 12-16	Breakfast Break Yogurt (8 oz) Fruit Milk Baby Carrots	Tuna Cup Tortilla Chips Fruit Milk Paradise Punch	Build Your Own Pizza Pack Fruit Milk Celery Sticks	Jack Links & Sunflower Seeds Sun Chips Fruit Milk Sliced Cucumbers	Banana Bread Square Yogurt & Seeds Fruit Paradise Punch Milk
September 19-23	Smuckers Uncrustables PB&J Cheese Stick Fruit Milk Baby Carrots	Waffle Yogurt & Seeds Fruit Paradise Punch Milk	Ham & Cheese Sub Fruit Milk Paradise Punch	Breakfast Break Yogurt (8 oz) Fruit Milk Paradise Punch	Smokehouse Turkey & Cheese Stick Crackers Fruit Milk Paradise Punch
September 26-30	Banana Bread Square Peanut Butter Cup & Cheese Fruit Milk Baby Carrots	Tuna Cup Crackers Fruit Milk Paradise Punch	Build Your Own Pizza Pack Fruit Milk Celery Sticks	Smuckers Uncrustables PB&J Cheese Stick Fruit Milk Baby Carrots	Graham Crackers Chocolate Amazing Chickpea Spread Sunflower seeds Fruit Milk Paradise Punch

If meal counts are higher than expected, backup meals will be offered.

Menu subject to change.

This institution is an equal opportunity provider.

CONTAINS PEANUTS

Allergen Free Meal

Questions? Please contact us at (760) 726-2111

www.wavecrestcafe.com

Updated 8/29/22