

WaveCrest Café Supper Meals

November 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
November 1-4	(See October Menu)	Yogurt String Cheese Frosted Mini Wheats Fruit Cucumbers Milk	Grape Smuckers Uncrustables PB&J Cheese Stick Fruit Milk Baby Carrots	Southwest Chicken Wrap Fruit Milk Cucumbers	Oatmeal Breakfast Round Strawberry Yogurt & Seeds Fruit Milk Paradise Punch
November 7-11	Cheese Dip & Sunflower Seeds Tortilla Chips Fruit Milk Paradise Punch	Cheese Stick Yogurt (2) Mini Flat Rounds Fruit Milk Paradise Punch	Ham & Cheese Sub Fruit Milk Paradise Punch	Graham Crackers Chocolate Amazing Chickpea Spread Yogurt Fruit Milk Paradise Punch	NO SCHOOL
November 14-18	Banana Bread Square Yogurt & Seeds Fruit Paradise Punch Milk	Grape Smuckers Uncrustables PB&J Cheese Stick Fruit Milk Baby Carrots	Southwest Chicken Wrap Fruit Milk Cucumbers	Smoothie String Cheese Chex Mix-Strawberry Yogurt Fruit Cucumbers Milk	Build Your Own Pizza Pack Fruit Milk Celery Sticks
November 21-25	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
November 28 - December 2	Tuna Cup Tortilla Chips Fruit Milk Paradise Punch	Oatmeal Breakfast Round Yogurt Fruit Milk Paradise Punch	Ham & Cheese Sub Fruit Milk Paradise Punch	Smoothie String Cheese Chex Mix-Strawberry Yogurt Fruit Cucumbers Milk	Ants On a Log Kit Crackers PB Cup Sunflower Seeds Raisins Milk Celery Sticks
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		Questions? Please contact us at (760) 726-2170 x92400
			Allergen Free Meal		www.wavecrestcafe.com