WAVECREST CAFE

Winter 2022-23 Menu: Middle Schools

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
Fall Menu Served November 7, 2022 - March 3, 2023					
BREAKFAST (All Schools)	Benefit Bar, Turkey Sausage Pancake, OR PopTart Breakfast Breaks	French Toast Sticks, Cinnamon Pear Oatmeal, OR Assorted Cereal	Pumpkin Bread, English Muffin with Pork Sausage & Cheese, OR Chocolate Muffin	Pan Dulce, Sausage & Cheese Burrito, OR Assorted Cereal	Double Chocolate Doughnut, Bagel & Cream Cheese, OR PopTart Breakfast Breaks
LUNCH Madison, Rancho Minerva	Marinara Lasagna Rollup with Dinner Roll OR Chicken Sandwich (Reg. or Spicy)	Broccoli Cheddar Soup with Texas Toast OR WaveCrest Pizza	Egg, Bacon, Cheese & Tater Tot Brunch Burrito, Bean & Cheese Burrito, Hamburger, Cheeseburger OR Spicy Black Bean Burger; COOKIE DAY!	Teriyaki Chicken Rice Bowl, OR WaveCrest Pizza	Hot & Spicy Chicken Tenders w/ Texas Toast, OR Fiesta Taco Bar
LUNCH Roosevelt	Marinara Lasagna Rollup with Dinner Roll OR WaveCrest Pizza	Broccoli Cheddar Soup with Texas Toast, Hamburger, Cheeseburger OR Spicy Black Bean Burger	Egg, Bacon, Cheese & Tater Tot Brunch Burrito OR Chicken Sandwich (Reg. or Spicy)	Teriyaki Chicken Rice Bowl, OR Bean & Cheese Burrito; COOKIE DAY!	Hot & Spicy Chicken Tenders w/ Texas Toast, Fiesta Taco Bar, OR WaveCrest Pizza
LUNCH Vista Magnet, VIDA	Marinara Lasagna Rollup with Dinner Roll OR WaveCrest Pizza	Broccoli Cheddar Soup with Texas Toast, Bean & Cheese Burrito, Hamburger, Cheeseburger OR Spicy Black Bean Burger	Egg, Bacon, Cheese & Tater Tot Brunch Burrito OR Chicken Sandwich (Reg. or Spicy)	Teriyaki Chicken Rice Bowl, OR WaveCrest Pizza; COOKIE DAY!	Hot & Spicy Chicken Tenders w/ Texas Toast, OR Fiesta Taco Bar,

Scan QR code for menus

EVERYDAY OPTIONS
Asian Salad
Large PB&J Sandwich
Bento Box
Turkey & Cheese Sub

PIZZA OFFERINGS
Cheese, Pepperoni, Chicken Alfredo

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.

FOR INFORMATION, CONTACT:
Child Nutrition Services
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www.WaveCrestCafe.com

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

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