



Winter 2022-23 Menu

Alamosa, Empresa, Mission Meadows, T.H.E. Leadership Academy
November 7, 2022 - March 3, 2023

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
Week 1 11/7; 12/5; 12/19; 1/16; 1/30; 2/13; 2/27					
BREAKFAST	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	WaveCrest Pizza OR Bean & Cheese Burrito	Fiesta Taco Bar OR Protein Yogurt Power Box	Broccoli Cheddar Soup and Texas Toast OR Bean & Cheese Burrito	Hamburger, Cheeseburger, Spicy Black Bean Burger OR Protein Yogurt Power Box	Marinara Lasagna Rollup OR Bean & Cheese Burrito; COOKIE DAY!
Week 2 11/14; 11/28; 12/12; 1/9; 1/23; 2/6; 2/20					
BREAKFAST	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	WaveCrest Pizza OR Protein Yogurt Power Box	Teriyaki Chicken Rice Bowl OR Bean & Cheese Burrito	Chicken Sandwich OR Protein Yogurt Power Box	Pepperoni Pizza Stick OR Bean & Cheese Burrito	Grilled Cheese with Tomato Soup OR Protein Yogurt Power Box; COOKIE DAY!



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PIZZA OFFERINGS
Cheese,
Pepperoni,
Chicken Alfredo



**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
(760) 726-2170 x 92400
info@wavecrestcafe.com
www.WaveCrestCafe.com



**THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER.**



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.