



# Winter 2022-23 Menu

Alta Vista High School  
November 7, 2022 - March 3, 2023

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

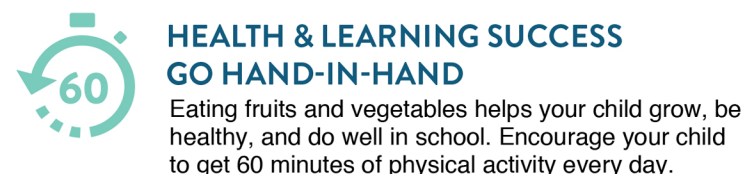
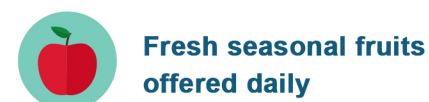
**ADULT MEALS**  
 Breakfast: \$3.00 | Lunch: \$4.50 | Milk: \$0.50

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> 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	Broccoli Cheddar Soup & Texas Toast OR Bean & Cheese Burrito	WaveCrest Pizza OR Protein Yogurt Power Box	Fiesta Taco Bar OR Bean & Cheese Burrito	Hamburger, Cheeseburger, Spicy Black Bean Burger OR Protein Yogurt Power Box	Marinara Lasagna Rollup OR Bean & Cheese Burrito; COOKIE DAY!
<b>Week 2</b> 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	Teriyaki Chicken Rice Bowl OR Protein Yogurt Power Box	WaveCrest Pizza 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!



Escanear código QR para menús

**PIZZA OFFERINGS**  
Cheese,  
Pepperoni,  
Chicken Alfredo



## FOR INFORMATION, CONTACT:

Child Nutrition Services  
(760) 726-2170 x 92400  
info@wavecrestcafe.com  
www.WaveCrestCafe.com

THIS INSTITUTION IS AN EQUAL  
OPPORTUNITY PROVIDER.

