

WaveCrest Café Supper Meals

December 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 28 - December 2	(See November Menu)	(See November Menu)	(See November Menu)	Smoothie String Cheese Chex Mix-Strawberry Yogurt Fruit Cucumbers Milk	Ants On a Log Kit Crackers PB Cup Sunflower Seeds Raisins Milk Celery Sticks
December 5-9	Waffle Yogurt & Seeds Fruit Paradise Punch Milk	Strawberry Smuckers Uncrustables PB&J Cheese Stick Fruit Milk Baby Carrots	Jack Links & Sunflower Seeds Sun Chips Fruit Milk Paradise Punch	Build Your Own Pizza Pack Fruit Milk Celery Sticks	Banana Bread Square Yogurt & Seeds Fruit Paradise Punch Milk
December 12-16	Tuna Cup Tortilla Chips Fruit Milk Paradise Punch	Protein Power Box Yogurt & Cheese Stick Crackers Fruit Milk Paradise Punch	Ants On a Log Kit Crackers PB Cup Sunflower Seeds Raisins Milk Celery Sticks	Ham & Cheese Sub Fruit Milk Paradise Punch	Grape Smuckers Uncrustables PB&J Cheese Stick Fruit Milk Baby Carrots
December 19-23	Banana Bread Square Yogurt & Seeds Fruit Milk Paradise Punch	Grape Smuckers Uncrustables PB&J Cheese Stick Fruit Milk Baby Carrots	Oatmeal Breakfast Round Yogurt Fruit Milk Paradise Punch	NO SCHOOL	NO SCHOOL
December 26-30	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
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) 726-2170 x92400
					www.wavecrestcafe.com