

WaveCrest Café Supper Meals

January 2023

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
January 2-6	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
January 9-13	NO SCHOOL	NO SCHOOL	Graham Crackers (WGR) Chocolate Amazing Chickpea Spread Sunflower seeds Fruit Milk Paradise Punch	Tuna Cup Tortilla Chips (WGR) Fruit Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fruit Milk Baby Carrots
January 16-20	NO SCHOOL	Smoothie String Cheese Chex Mix-Strawberry Yogurt (WGR) Fruit Cucumbers Milk	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fruit Milk Baby Carrots	Waffle (WGR) Yogurt & Seeds Fruit Paradise Punch Milk	Smokehouse Turkey & Cheese Stick Crackers (WGR) Fruit Milk Paradise Punch
January 23-27	Cheese Dip & Sunflower Seeds Tortilla Chips (WGR) Fruit Milk Paradise Punch	Oatmeal Breakfast Round (WGR) Yogurt Fruit Milk Paradise Punch	Build Your Own Pizza Pack (WGR) Fruit Milk Celery Sticks	Waffle (WGR) Yogurt & Seeds Fruit Paradise Punch Milk	Ants On a Log Kit Crackers (WGR) PB Cup Sunflower Seeds Raisins Milk Celery Sticks
January 30-February 3	Banana Bread Square (WGR) Yogurt & Seeds Fruit Paradise Punch Milk	Hummus & Cheese Stick (2) Mini Flat Rounds (WGR) Fruit Milk Paradise Punch	Ham & Cheese Sub (WGR) Fruit Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fruit Milk Baby Carrots	Smoothie String Cheese Chex Mix-Strawberry Yogurt (WGR) Fruit Cucumbers Milk

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