



Spring 2023 Menu

Breeze Hill, CA Ave., Hannalei, Lake, Monte Vista, VAPA
March 6 - June 7, 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 3/6, 3/20, 4/3, 4/17, 5/1, 5/15, 5/29					
BREAKFAST	Benefit Bar, Sausage & Cheese Burrito, OR Assorted Cereal	Pan Dulce, Baked Egg Bites w/ Roll, OR Assorted Cereal	Waffle, Egg & Cheese Breakfast Sandwich, OR Assorted Cereal	Lemon Blueberry Bread, Bacon, Egg, & Cheese Breakfast Calzone, OR Assorted Cereal	Peach Crisp Oatmeal, Pizza Toast, OR Assorted Cereal
LUNCH	Pizza Crunchers OR Bean & Cheese Burrito	Chicken Tenders OR Cheesy Pizza Stick	WaveCrest Pizza OR Bean & Cheese Burrito	Hamburger, Cheeseburger, Spicy Black Bean Burger OR Cheesy Pizza Stick	Chili Verde Pork Carnitas Burrito OR Bean & Cheese Burrito; COOKIE DAY!
Week 2 3/13, 4/10, 4/24, 5/8, 5/22, 6/5					
BREAKFAST	Benefit Bar, Sausage & Cheese Burrito, OR Assorted Cereal	Pan Dulce, Baked Egg Bites w/ Roll, OR Assorted Cereal	Waffle, Egg & Cheese Breakfast Sandwich, OR Assorted Cereal	Lemon Blueberry Bread, Bacon, Egg, & Cheese Breakfast Calzone, OR Assorted Cereal	Peach Crisp Oatmeal, Pizza Toast, OR Assorted Cereal
LUNCH	Marinara Lasagna Rollup OR Cheesy Pizza Stick	Chicken Fried Rice Bowl OR Bean & Cheese Burrito	WaveCrest Pizza OR Cheesy Pizza Stick	Chicken Sandwich OR Bean & Cheese Burrito	Fish Tacos OR Cheesy Pizza Stick; COOKIE DAY!



Scan QR code for menus

PIZZA OFFERINGS
Cheese,
Pepperoni,
Hawaiian



**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.

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.

FOR INFORMATION, CONTACT:

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



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

