



Spring 2023 Menu

Casita, Grapevine, Maryland
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	Chili Verde Pork Carnitas Burrito OR Cheesy Pizza Stick	Chicken Tenders OR Bean & Cheese Burrito	Hamburger, Cheeseburger, Spicy Black Bean Burger OR Cheesy Pizza Stick	WaveCrest Pizza 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	Chicken Sandwich OR Cheesy Pizza Stick	Marinara Lasagna Rollup OR Bean & Cheese Burrito	Chicken Fried Rice Bowl OR Cheesy Pizza Stick	Fish Tacos OR Bean & Cheese Burrito	WaveCrest Pizza OR Cheesy Pizza Stick; COOKIE DAY!



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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



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OPPORTUNITY PROVIDER.**

