

WaveCrest Café Supper Meals

March 2023

Students will receive a supper meal kit providing 1/2 cup vegetable 1/4 cup of fruit, 8 oz milk (1% white milk or nonfat chocolate milk), 1 oz whole grain, and 2 oz protein.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 27- March 3	Cheese Dip & Sunflower Seeds Tortilla Chips (WGR) Raisins Milk Paradise Punch	Oatmeal Breakfast Round (WGR) Yogurt Applesauce Milk Paradise Punch	Ham & Cheese Sandwich (WGR) Mixed Berry Cup Milk Paradise Punch	Jack Links & Sunflower Seeds Sun Chips (WGR) Raisins Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Applesauce Milk Baby Carrots
March 6-10	Banana Bread Square (WGR) Yogurt & Seeds Raisins Paradise Punch Milk	Tuna Cup Tortilla Chips (WGR) Applesauce Milk Paradise Punch	Build Your Own Pizza Pack (WGR) Mixed Berry Cup Milk Paradise Punch	Turkey & Cheese Sandwich (WGR) Mixed Berry Cup Milk Paradise Punch	Ants On a Log Kit Crackers (WGR) PB Cup Sunflower Seeds Raisins Milk Celery Sticks
March 13-17	Smokehouse Turkey & Cheese Stick Crackers (WGR) Raisins Milk Paradise Punch	Graham Crackers (WGR) Chocolate Amazing Chickpea Spread Sunflower seeds Cantaloupe Icy Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Applesauce Milk Paradise Punch	Jack Links & Sunflower Seeds Crackers (WGR) Raisins Milk Baby Carrots	Ham & Cheese Sandwich (WGR) Cantaloupe Icy Milk Paradise Punch
March 20-24	Cheese Dip & Sunflower Seeds Pretzel Bites (WGR) Apple Milk Paradise Punch	Smoothie String Cheese Chex Mix-Strawberry Yogurt (WGR) Raisins Baby Carrots Milk	Ants On a Log Kit Crackers (WGR) PB Cup Sunflower Seeds Raisins Milk Celery Sticks	Turkey & Cheese Sandwich (WGR) Cantaloupe Icy Milk Paradise Punch	Waffle (WGR) Yogurt & Seeds Cantaloupe Icy Paradise Punch Milk
March 27-31	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