

WaveCrest Café Supper Meals

May 2023

Students will receive a supper meal kit providing 2 oz protein, 1/2 cup of fruit, and at least 1 oz whole grain. Students have the option to take 1/2 cup vegetable and 8 oz milk (1% white milk or nonfat chocolate milk). Served K-12

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|--|
| May 1-5 | Banana Bread Square (WGR) Yogurt & Seeds Raisins Paradise Punch Milk | Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Applesauce Milk Baby Carrots | Smoothie String Cheese Chex Mix-Strawberry Yogurt (WGR) Raisins Cucumbers Milk | Ham & Cheese Sandwich (WGR) Cranberries Milk Paradise Punch | Sabra Hummus & Cheese Stick (2) Mini Flat Rounds (WGR) Cranberries Milk Paradise Punch |
| May 8-12 | Smokehouse Turkey & Cheese Stick Crackers (WGR) Raisins Milk Paradise Punch | Strawberry Smuckers Uncrustables PB&J (WGR) Cheese Stick Cranberries Milk Baby Carrots | Ants On a Log Kit Crackers (WGR) PB Cup Sunflower Seeds Raisins Milk Celery Sticks | Turkey & Cheese Sandwich (WGR) Applesauce Milk Paradise Punch | Jack Links & Sunflower Seeds Sun Chips (WGR) Mandarin Orange Milk Paradise Punch |
| May 15-19 | Waffle (WGR) Yogurt & Seeds Apricot Cup Paradise Punch Milk | Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Applesauce Milk Baby Carrots | Build Your Own Pizza Pack (WGR) Cranberries Milk Celery Sticks | Ham & Cheese Sandwich (WGR) Raisins Milk Paradise Punch | Cheese Dip & Sunflower Seeds Pretzel Bites (WGR) Apple Milk Paradise Punch |
| May 22-26 | Banana Bread Square (WGR) Yogurt & Seeds Raisins Paradise Punch Milk | Strawberry Smuckers Uncrustables PB&J (WGR) Cheese Stick Cranberries Milk Baby Carrots | Smokehouse Turkey & Cheese Stick Crackers (WGR) Raisins Milk Paradise Punch | Turkey & Cheese Sandwich (WGR) Applesauce Milk Paradise Punch | Smoothie String Cheese Chex Mix-Strawberry Yogurt (WGR) Raisins Cucumbers Milk |
| May 29- June 2 | NO SCHOOL | Tuna Cup Tortilla Chips (WGR) Applesauce Milk Paradise Punch | Jack Links & Sunflower Seeds Sun Chips (WGR) Mandarin Orange Milk Paradise Punch | Ham & Cheese Sandwich (WGR) Raisins Milk Paradise Punch | Build Your Own Pizza Pack (WGR) Cranberries Milk Celery Sticks |
| 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 | Questions? Please contact us at (760) 726-21 | |
| | | | Allergen Free Meal | www.wavecrestcafe.com | |