

# WaveCrest Café Supper Meals

August 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
August 16-18	NO SCHOOL	NO SCHOOL	Tuna Cup Crackers (WGR) Fruit Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fruit Milk Baby Carrots	Crackers (WGR) Chocolate Amazing Chickpea Spread Sunflower seeds Fruit Milk Celery Sticks
August 21-25	Turkey & Cheese Sandwich (WGR) Applesauce Milk Paradise Punch	Jack Links & Sunflower Seeds Crackers (WGR) Fruit Milk Paradise Punch	Smoothie String Cheese Banana Bread Square (WGR) (WGR) Fruit Milk Sliced Cucumbers	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fruit Milk Baby Carrots	Build Your Own Pizza Pack (WGR) Pineapple Tube Milk Paradise Punch
August 28-September 1	Ham & Cheese Sub (WGR) Fruit Milk Paradise Punch	Smokehouse Turkey & Cheese Stick Crackers (WGR) Raisins Milk Paradise Punch	Tuna Cup Crackers (WGR) Fruit Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fruit Milk Baby Carrots	Ants On a Log Kit Crackers (WGR) PB Cup Sunflower Seeds Raisins 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) 726-2170 x92400 <a href="http://www.wavecrestcafe.com">www.wavecrestcafe.com</a>
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