



# Fall 2023 Menu

Breeze Hill, CA Ave., Hannalei, Lake, Monte Vista, VAPA  
August 16 - November 3, 2023

## MEAL PRICES

Student meals are offered at NO COST through the 2023-24 school year.

## ADULT MEALS

Breakfast: \$3.00 | Lunch: \$4.50 | Milk: \$0.50

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> 8/16, 8/28, 9/11, 9/25, 10/9, 10/23					
BREAKFAST	Waffle, Sausage & Cheese Burrito, OR Assorted Cereal	Pan Dulce, Yogurt Breakfast Box, OR Assorted Cereal	Benefit Bar, English Muffin w/ Pork Sausage Patty & Cheese, OR Assorted Cereal	Pumpkin Bread, Pizza Toast, OR Assorted Cereal	Bagel & Cream Cheese, Bacon Breakfast Burrito, OR Assorted Cereal
LUNCH	Popcorn Chicken Bites OR Yogurt & Granola	Bean & Cheese Pupusa OR Cheesy Pizza Sticks & Seeds	WaveCrest Pizza OR Yogurt & Granola	Beef Rolled Taquito OR Cheesy Pizza Stick & Seeds	Orange Chicken & Rice OR Yogurt & Granola; COOKIE DAY!
<b>Week 2</b> 8/21, 9/4, 9/18, 10/2, 10/16, 10/30					
BREAKFAST	Waffle, Sausage & Cheese Burrito, OR Assorted Cereal	Pan Dulce, Yogurt Breakfast Box, OR Assorted Cereal	Benefit Bar, English Muffin w/ Pork Sausage Patty & Cheese, OR Assorted Cereal	Pumpkin Bread, Pizza Toast, OR Assorted Cereal	Bagel & Cream Cheese, Bacon Breakfast Burrito, OR Assorted Cereal
LUNCH	Mac & Cheese OR Yogurt & Granola	Chicken Taco OR Cheesy Pizza Stick & Seeds	WaveCrest Pizza OR Yogurt & Granola	Chicken Tamale & Seeds OR Cheesy Pizza Stick & Seeds	Turkey & Cheese Sub OR Yogurt & Granola; COOKIE DAY!



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**PIZZA OFFERINGS**  
Cheese,  
Pepperoni,  
Meat Lovers



Fresh seasonal fruits  
offered daily



Fresh seasonal vegetables  
offered daily



## 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.**

