



Fall 2023 Menu

Casita, Grapevine, Maryland
August 16 - November 3, 2023

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

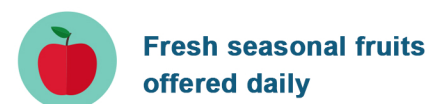
ADULT MEALS
Breakfast: \$3.00 | Lunch: \$4.50 | Milk: \$0.50

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 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 Stick & Seeds	Orange Chicken & Rice OR Yogurt & Granola	Beef Rolled Taquito OR Cheesy Pizza Stick & Seeds	WaveCrest Pizza OR Yogurt & Granola; COOKIE DAY!
Week 2 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	Turkey & Cheese Sub OR Yogurt & Granola	Chicken Tamale & Seeds OR Cheesy Pizza Stick & Seeds	WaveCrest Pizza OR Yogurt & Granola; COOKIE DAY!



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PIZZA OFFERINGS
Cheese,
Pepperoni,
Meat Lovers



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.**

