



Fall 2023 Menu: Middle Schools

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
Fall Menu Served August 16 - November 3, 2023					
BREAKFAST (All Schools)	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 Madison, Rancho Minerva	Orange Chicken & Rice, OR Beef Rolled Tacos; COOKIE DAY!	Hot & Spicy Chicken Tenders, Golden Crispy Tenders OR WaveCrest Pizza	Mac & Cheese w/ Texas Toast OR Chicken Sandwich (Reg. or Spicy)	Bean & Cheese Pupusa, Chicken Burrito OR WaveCrest Pizza	Chicken Tamale & Seeds, Hamburger, Cheeseburger OR Spicy Black Bean Burger
LUNCH Roosevelt	Chicken Tamale & Seeds OR WaveCrest Pizza	Hot & Spicy Chicken Tenders, Golden Crispy Tenders OR Chicken Burrito	Mac & Cheese w/ Texas Toast OR Chicken Sandwich (Reg. or Spicy)	Orange Chicken & Rice, Hamburger, Cheeseburger OR Spicy Black Bean Burger; COOKIE DAY!	Beef Rolled Tacos, WaveCrest Pizza OR Bean & Cheese Pupusa
LUNCH Vista Magnet, VIDA	Chicken Tamale & Seeds OR WaveCrest Pizza	Hot & Spicy Chicken Tenders, Golden Crispy Tenders, Chicken Burrito OR Bean & Cheese Pupusa	Mac & Cheese w/ Texas Toast OR Chicken Sandwich (Reg. or Spicy)	Beef Rolled Tacos OR WaveCrest Pizza	Orange Chicken & Rice, Hamburger, Cheeseburger OR Spicy Black Bean Burger; COOKIE DAY!



Scan QR code for menus

EVERYDAY OPTIONS
Chicken Caesar Salad;
Large PB&J Sandwich;
Bento Box; Ham & Cheese Sub

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.

FOR INFORMATION, CONTACT:

Child Nutrition Services
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www.WaveCrestCafe.com

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