

WaveCrest Café Supper Meals

October 2022

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
October 3-7		Hummus & Cheese Stick (2) Mini Flat Rounds (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	
October 10-14	Jack Links & Sunflower Seeds Crackers (WGR) Fruit Milk Paradise Punch	Banana Bread Square (WGR) Yogurt & Seeds Fruit Paradise Punch Milk	Build Your Own Pizza Pack (WGR) Fruit Milk Cucumbers	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fruit Milk Baby Carrots	Smoothie String Cheese Chex Mix-Strawberry Yogurt (WGR) Fruit Cucumbers Milk
October 17-21	Cheese Dip & Sunflower Seeds Tortilla Chips (WGR) Fruit Milk Paradise Punch	Ham & Cheese Sub (WGR) Fruit Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fruit Milk Baby Carrots	Southwest Chicken Wrap (WGR) Fruit Milk Cucumbers	Waffle (WGR) Yogurt & Seeds Fruit Paradise Punch Milk
October 24-28	Smokehouse Turkey & Cheese Stick Crackers (WGR) Fruit Milk Paradise Punch	Graham Crackers (WGR) Chocolate Amazing Chickpea Spread Sunflower seeds Fruit Milk Paradise Punch	(Ants On a Log Kit) Crackers (WGR) PB Cup & Yogurt Raisins Milk Celery Sticks	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fruit Milk Baby Carrots	Banana Bread Square (WGR) Yogurt & Seeds Fruit Paradise Punch Milk
October 31- November 4	Tuna Cup Crackers (WGR) Fruit Milk Paradise Punch	Yogurt String Cheese Frosted Mini Wheats (WGR) Fruit Cucumbers Milk	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fruit Milk Baby Carrots	Southwest Chicken Wrap (WGR) Fruit Milk Cucumbers	

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

Allergen Free Meal

Questions? Please contact us at (760) 726-2170 x92400

www.wavecrestcafe.com