

WaveCrest Café Supper Meals

September 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
September 1-2					Ants On a Log Kit Crackers (WGR) PB Cup Sunflower Seeds Raisins Milk Celery Sticks
September 4-8	NO SCHOOL	Smokehouse Turkey & Cheese Stick Crackers (WGR) Raisins Milk Paradise Punch	Banana Bread Square (WGR) Yogurt & Seeds Fruit Paradise Punch Milk	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fruit Milk Baby Carrots	Cheese Dip & Sunflower Seeds Tortilla Chips (WGR) Fruit Milk Paradise Punch
September 11-15	Protein Power Box Yogurt & Cheese Stick Crackers (WGR) Fruit Milk Paradise Punch	Tuna Cup Tortilla Chips (WGR) Fruit Milk Paradise Punch	Build Your Own Pizza Pack (WGR) Fruit Milk Celery Sticks	Ham & Cheese Sandwich (WGR) Raisins Milk Paradise Punch	Jack Links & Sunflower Seeds crackers (WGR) Fruit Milk Paradise Punch
September 18-22	Smoothie String Cheese Chech Mix-Strawberry Yogurt (WGR) Fruit Milk Sliced Cucumbers	Smokehouse Turkey & Cheese Stick Crackers (WGR) Raisins Milk Paradise Punch	Banana Bread Square (WGR) Yogurt (8 oz) 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
September 25-29	Protein Power Box Yogurt & Cheese Stick Crackers (WGR) Fruit Milk Paradise Punch	Tuna Cup Crackers (WGR) Fruit Milk Paradise Punch	Build Your Own Pizza Pack (WGR) Fruit Milk Celery Sticks	Turkey & Cheese Sandwich (WGR) Applesauce Milk Paradise Punch	Cheese Dip & Sunflower Seeds Tortilla Chips (WGR) Raisins Milk Paradise Punch

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

Updated 7/27/23

