



High School Menu: Winter 2023-24

Mission Vista, RBV, Vista High

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

ADULT MEALS
Breakfast: \$4.00 | Lunch: \$5.50 | Milk: \$0.50

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|---|
| Winter Menu Served November 6, 2023 - March 1, 2024 | | | | | |
| BREAKFAST (All Schools) | Benefit Bar, Breakfast Taco Crisp, OR Assorted Cereal | Pan Dulce, Breakfast Egg Scramble with Mini Muffin, OR Assorted Cereal | Whole Grain Cranberry Scone, Pork Sausage & Cheese Croissant Sandwich, OR Assorted Cereal | French Toast Sticks, Sausage & Cheese Burrito, OR Assorted Cereal | Yogurt Parfait with Homemade Granola, Bagel & Cream Cheese, OR Assorted Cereal |
| LUNCH Mission Vista | Teriyaki Chicken Rice Bowl OR WaveCrest Pizza | Cheese Bosco Sticks with Tomato Soup OR Hot & Spicy Chicken Tenders with Texas Toast | Brunch Burrito (Egg, Bacon, Cheese & Potatoes), OR Chicken Sandwich (Reg. or Spicy) | Buffalo Chicken Grilled Cheese Sandwich, Hamburger, Cheeseburger OR Spicy Black Bean Burger; COOKIE DAY! | Fiesta Taco Bar, Bean & Cheese Burrito OR WaveCrest Pizza |
| LUNCH Rancho Buena Vista | Bean & Cheese Burrito, Hamburger, Cheeseburger OR Spicy Black Bean Burger | Teriyaki Chicken Rice Bowl OR WaveCrest Pizza | Cheese Bosco Sticks with Tomato Soup, Chicken Sandwich (Reg. or Spicy); COOKIE DAY! | Buffalo Chicken Grilled Cheese Sandwich, Brunch Burrito (Egg, Bacon, Cheese & Potatoes) OR WaveCrest Pizza | Hot & Spicy Chicken Tenders with Texas Toast OR Fiesta Taco Bar |
| LUNCH Vista High | Cheese Bosco Sticks with Tomato Soup, OR Chicken Sandwich (Reg. or Spicy); COOKIE DAY! | Fiesta Taco Bar, Hamburger, Cheeseburger OR Spicy Black Bean Burger | Brunch Burrito (Egg, Bacon, Cheese & Potatoes) OR WaveCrest Pizza | Teriyaki Chicken Rice Bowl OR Buffalo Chicken Grilled Cheese Sandwich | Hot & Spicy Chicken Tenders, Bean & Cheese Burrito OR WaveCrest Pizza |



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EVERYDAY OPTIONS
Asian Chicken Salad;
Asian Veggie Salad;
Large PB&J Sandwich;
Hummus Protein Power Box;
Turkey & Cheese Sub

PIZZA OFFERINGS
Cheese, Pepperoni,
BBQ Chicken

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
(760) 726-2170 x 92400
info@wavecrestcafe.com
www.WaveCrestCafe.com

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