



# High School Menu: Winter 2023-24

## Alta Vista, General Murray, VATC

**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					
<b>BREAKFAST</b> (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
<b>LUNCH</b> Alta Vista	Cheese Bosco Sticks with Tomato Soup OR Chicken Sandwich (Reg. or Spicy)	Buffalo Chicken Grilled Cheese Sandwich OR WaveCrest Pizza	Brunch Burrito (Egg, Bacon, Cheese & Potatoes) OR Teriyaki Chicken Rice Bowl; COOKIE DAY!	Bean & Cheese Burrito, Hamburger, Cheeseburger OR Spicy Black Bean Burger	Hot & Spicy Chicken Tenders with Texas Toast OR Fiesta Taco Bar
<b>LUNCH</b> General Murray	Cheese Bosco Sticks with Tomato Soup OR Chicken Sandwich (Reg. or Spicy)	Buffalo Chicken Grilled Cheese Sandwich OR WaveCrest Pizza	Brunch Burrito (Egg, Bacon, Cheese & Potatoes) OR Teriyaki Chicken Rice Bowl; COOKIE DAY!	Bean & Cheese Burrito, Hamburger, Cheeseburger OR Spicy Black Bean Burger	Hot & Spicy Chicken Tenders with Texas Toast OR Fiesta Taco Bar
<b>LUNCH</b> VATC	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  
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info@wavecrestcafe.com  
www.WaveCrestCafe.com

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