



Winter 2023-24 Menu: Middle Schools

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 Madison, Rancho Minerva	Brunch Burrito (Egg, Bacon, Cheese & Potatoes) OR Chicken Sandwich (Reg. or Spicy) COOKIE DAY!	Buffalo Chicken Grilled Cheese Sandwich, Cheese Bosco Sticks with Tomato Soup OR WaveCrest Pizza	Bean & Cheese Burrito, Hamburger, Cheeseburger OR Spicy Black Bean Burger	Hot & Spicy Chicken Tenders with Texas Toast OR WaveCrest Pizza	Teriyaki Chicken Rice Bowl OR Fiesta Taco Bar
LUNCH Roosevelt	Brunch Burrito (Egg, Bacon, Cheese & Potatoes) OR WaveCrest Pizza	Buffalo Chicken Grilled Cheese Sandiwnch, Hamburger, Cheeseburger OR Spicy Black Bean Burger	Cheese Bosco Sticks with Tomato Soup OR Chicken Sandwich (Reg. or Spicy)	Teriyaki Chicken Rice Bowl OR Bean & Cheese Burrito; COOKIE DAY!	Hot & Spicy Chicken Tenders w/ Texas Toast, Fiesta Taco Bar OR WaveCrest Pizza
LUNCH Vista Magnet, VIDA	Buffalo Chicken Grilled Cheese Sandwich OR WaveCrest Pizza	Cheese Bosco Stick with Tomato Soup, Bean & Cheese Burrito, Hamburger, Cheeseburger OR Spicy Black Bean Burger	Brunch Burrito (Egg, Bacon, Cheese & Potatoes) OR Chicken Sandwich (Reg. or Spicy)	Teriyaki Chicken Rice Bowl OR WaveCrest Pizza; COOKIE DAY!	Hot & Spicy Chicken Tenders w/ Texas Toast OR Fiesta Taco Bar



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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



**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

**THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER.**

