



Winter 2023-24 Menu

Alamosa, Empresa, Mission Meadows, T.H.E. Leadership Academy
November 6, 2023 - March 1, 2024

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
Week 1 11/6, 12/4, 12/18, 1/15, 1/29, 2/12, 2/26					
BREAKFAST	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	WaveCrest Pizza OR Bean & Cheese Burrito	Fiesta Taco Bar OR Hummus Protein Power Box	Chicken Tender Wrap OR Bean & Cheese Burrito	Pepperoni Pizza Stick OR Hummus Protein Power Box	Hamburger, Cheeseburger, Spicy Black Bean Burger OR Bean & Cheese Burrito; COOKIE DAY!
Week 2 11/13, 11/27, 12/11, 1/8, 1/22, 2/5, 2/19					
BREAKFAST	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	WaveCrest Pizza OR Hummus Protein Power Box	Cheese Quesadilla OR Bean & Cheese Burrito	Chicken Sandwich OR Hummus Protein Power Box	Teriyaki Chicken Rice Bowl OR Bean & Cheese Burrito	Grilled Cheese Sandwich OR Hummus Protein Power Box; COOKIE DAY!



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PIZZA OPTIONS
Cheese,
Pepperoni,
BBQ Chicken

Tomato Soup offered as an option
to the Grilled Cheese Sandwich

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.

Child Nutrition Rules & Regulations Under USDA
To qualify as a reimbursable meal, students may select as many as 5 or as few as 3 of the food components offered and include 1/2 cup fruit and/or vegetable.

Components include 1) fruit, 2) vegetable, 3) milk, 4) grains, and 5) meat/meat alternate. Condiments do not count as a component. The elementary lunch meal provides 550-650 calories and the elementary

school breakfast provides 350-500 calories based on a weekly average. Meals must contain less than 10% calories from saturated fat.

FOR INFORMATION, CONTACT:

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

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

