



Winter 2023-24 Menu

Casita, Grapevine, Maryland
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	Chicken Tender Wrap OR Bean & Cheese Burrito	Pepperoni Pizza Stick OR Hummus Protein Power Box	Fiesta Taco Bar OR Bean & Cheese Burrito	Hamburger, Cheeseburger, Spicy Black Bean Burger OR Hummus Protein Power Box	WaveCrest Pizza 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	Cheese Quesadilla OR Hummus Protein Power Box	Grilled Cheese Sandwich OR Bean & Cheese Burrito	Teriyaki Chicken Rice Bowl OR Hummus Protein Power Box	Chicken Sandwich OR Bean & Cheese Burrito	WaveCrest Pizza OR Hummus Protein Power Box; COOKIE DAY!



Scan QR code for menus

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.**

