

# WaveCrest Café Supper Meals

November 2023

Students will receive a supper meal kit providing 1/2 cup vegetable 1/4 cup of fruit, 8 oz milk (1% white milk or nonfat chocolate milk), 1 oz whole grain, and 2 oz protein.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 30- November 3	Banana Bread Square (WGR) Yogurt (4 oz) Fruit Milk Paradise Punch	Jack Links & Sunflower Seeds Crackers (WGR) Fruit Milk Sliced Cucumbers	Tuna Cup Crackers (WGR) Fruit Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fiesta Raisels Milk Baby Carrots	Build Your Own Pizza Pack (WGR) Pineapple Tube Milk Celery Sticks
November 6-10	Smoothie String Cheese Chex Mix-Strawberry Yogurt (WGR) Fruit Milk Sliced Cucumbers	Smokehouse Turkey & Cheese Stick Crackers (WGR) Fruit Tube Milk Paradise Punch	(Ants On a Log Kit) Crackers (WGR) PB Cup Sunflower Seeds Fiesta Raisels Milk Celery Sticks	Cheese Dip & Sunflower Seeds Tortilla Chips (WGR) Raisins Milk Paradise Punch	Holiday
November 13-17	Banana Bread Square (WGR) Yogurt (4oz) & Seeds Fruit Milk Paradise Punch	Jack Links & Sunflower Seeds Crackers (WGR) Fruit Milk Sliced Cucumbers	Tuna Cup Crackers (WGR) Fruit Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fiesta Raisels Milk Baby Carrots	Build Your Own Pizza Pack (WGR) Mango Tube Milk Celery Sticks
November 20-24	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
November 27 - December 1	Smoothie String Cheese Chex Mix-Strawberry Yogurt (WGR) Fruit Milk Paradise Punch	Smokehouse Turkey & Cheese Stick Crackers (WGR) Mango Tube Milk Paradise Punch	(Ants On a Log Kit) Crackers (WGR) PB Cup Sunflower Seeds Raisins Milk Celery Sticks	Ham & Cheese Sub (WGR) Fruit Milk Paradise Punch	Cheese Dip & Sunflower Seeds Tortilla Chips (WGR) Raisins Milk Paradise Punch
If meal counts are higher than expected, backup meals will be offered.					
Menu subject to change.					
This institution is an equal opportunity provider.			CONTAINS PEANUTS		Questions? Please contact us at (760) 726-2170 x92400
			Allergen Free Meal	Updated 10/24/23 VL	<a href="http://www.wavecrestcafe.com">www.wavecrestcafe.com</a>