

WaveCrest Café Supper Meals

January 2024

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
January 1 - 5	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
January 8 - 12	NO SCHOOL	NO SCHOOL	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fiesta Raisels Milk Baby Carrots	Banana Bread Square (WGR) Yogurt (4oz) & Seeds Frozen Peach Cup Milk Baby Carrots	Jack Links Sunflower Seeds Crackers (WGR) Mandarin Oranges Milk Paradise Punch
January 15 - 19	NO SCHOOL	Banana Bread Square (WGR) Yogurt (4oz) & Seeds Raisins Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fiesta Raisels Milk Baby Carrots	Smokehouse Turkey & Cheese Stick Crackers (WGR) Frozen Peach Cup Milk Paradise Punch	Eggo Minis (WGR) Yogurt (8 oz) Apple Sauce Milk Paradise Punch
January 22 - 26	Smoothie String Cheese Chex Mix-Strawberry Yogurt (WGR) Raisins Milk Cucumbers	Jack Links Sunflower Seeds Crackers (WGR) Mandarin Oranges Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Fiesta Raisels Milk Baby Carrots	Cheese Dip & Pretzel Bites (WGR) Sunflower Seeds Apple Milk Paradise Punch	Smokehouse Turkey & Cheese Stick Crackers (WGR) Frozen Peach Cup Milk Paradise Punch
January 29 - February 2	Smoothie String Cheese Chex Mix-Strawberry Yogurt (WGR) Raisins Milk Cucumbers	Banana Bread Square (WGR) Yogurt (4oz) & Seeds Frozen Strawberry Cup Milk Paradise Punch	(Ants On a Log Kit) Crackers (WGR) PB Cup Sunflower Seeds Fiesta Raisels Milk Celery Sticks	Cheese Dip & Pretzel Bites (WGR) Sunflower Seeds Apple Milk Paradise Punch	Eggo Minis (WGR) Yogurt (8 oz) Apple Sauce 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

Allergen Free Meal

Questions? Please contact us at (760) 726-2170 x92400

www.wavecrestcafe.com