

WaveCrest Café Supper Meals

March 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
March 4 - 8	Vanilla Greek Yogurt String Cheese Chex Mix-Strawberry Yogurt (WGR) Raisins Milk Cucumbers	Cheese Dip & Pretzel Bites (WGR) Sunflower Seeds Frozen Strawberry Cup Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheddar Cheese Cubes Fiesta Raisels Milk Baby Carrots	Banana Bread Square (WGR) Yogurt (4oz) & Seeds Frozen Strawberry Cup Milk Paradise Punch	Jack Links Sunflower Seeds Wheat Crackers (WGR) Mandarins Milk Paradise Punch
March 11 - 15	Eggo Minis (WGR) Yogurt (4 oz) String Cheese Applesauce Milk Paradise Punch	Build Your Own Pizza Pack (WGR) Mango Icy Tube Milk Celery Sticks	Grape Smuckers Uncrustables PB&J (WGR) Cheddar Cheese Cubes Dried Cranberries Milk Baby Carrots	Smokehouse Turkey & Cheese Stick Crackers (WGR) Frozen Peach Cup Milk Paradise Punch	Tuna Cup Wheat Crackers (WGR) Apple Sauce Milk Paradise Punch
March 18 - 22	Vanilla Greek Yogurt String Cheese Chex Mix-Strawberry Yogurt (WGR) Raisins Milk Cucumbers	Ants On a Log Kit Wheat Crackers (WGR) PB Cup Sunflower Seeds Raisins Milk Celery Sticks	Jack Links Sunflower Seeds Crackers (WGR) Frozen Peach Cup Milk Baby Carrots	Eggo Minis (WGR) Yogurt (4 oz) String Cheese Applesauce Milk Paradise Punch	Build Your Own Pizza Pack (WGR) Frozen Strawberry Cup Milk Paradise Punch
March 25 - 29	Banana Bread Square (WGR) Yogurt (4oz) & Seeds Frozen Strawberry Cup Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheddar Cheese Cubes Fiesta Raisels Milk Baby Carrots	Smokehouse Turkey & Cheese Stick DJ Crackers (WGR) Frozen Peach Cup Milk Paradise Punch	Ham & Cheese Sub (WGR) Mango Icy Tube Milk Cucumbers	Cheese Dip & Pretzel Bites (WGR) Sunflower Seeds Frozen Peach Cup 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) 726-2

www.wavecrestcafe.com