



# High School Menu: Spring 2024

## Mission Vista, RBV, Vista High

**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
Spring Menu Served March 4 - June 5, 2024					
<b>BREAKFAST</b> (All Schools)	Maple Pancake Sandwich with Chicken Sausage & Cheese OR Pan Dulce	Breakfast Burrito with Bacon, Egg & Potato OR Chocolate Cherry Granola Bar	Egg & Cheese Breakfast Sandwich OR Pancakes	Blueberry Oatmeal Crisp OR Sausage & Cheese Burrito	Pizza Toast OR Lemon Blueberry Bread
<b>LUNCH</b> Mission Vista	Chicken Fried Rice Bowl OR WaveCrest Pizza	Maple Chicken & Waffles OR Chile Verde Pork Carnitas Burrito	Chicken Alfredo Lasagna Rollup, Hamburger, Cheeseburger OR Spicy Black Bean Burger	Mac & Cheese (Reg. or Buffalo Chicken) OR Chicken Sandwich (Reg. or Spicy); <b>COOKIE DAY!</b>	Fish Tacos OR WaveCrest Pizza
<b>LUNCH</b> Rancho Buena Vista	Maple Chicken & Waffles OR Mac & Cheese (Reg. or Buffalo Chicken)	Chile Verde Pork Carnitas Burrito OR WaveCrest Pizza	Chicken Alfredo Lasagna Rollup, Hamburger, Cheeseburger OR Spicy Black Bean Burger	Chicken Fried Rice Bowl OR WaveCrest Pizza; <b>COOKIE DAY!</b>	Fish Tacos OR Chicken Sandwich (Reg. or Spicy)
<b>LUNCH</b> Vista High	Chicken Fried Rice Bowl OR Chicken Sandwich (Reg. or Spicy); <b>COOKIE DAY!</b>	Mac & Cheese (Reg. or Buffalo Chicken), Hamburger, Cheeseburger OR Spicy Black Bean Burger	Chile Verde Pork Carnitas Burrito OR WaveCrest Pizza	Maple Chicken & Waffles OR Chicken Alfredo Lasagna Rollup	WaveCrest Pizza OR Fish Tacos



Scan QR code for menus

**EVERYDAY OPTIONS**  
Southwest Chicken Salad;  
Southwest Veggie Salad;  
Large PB&J Sandwich;  
Bento Box;  
Caprese Wrap;  
**BREAKFAST: Assorted Cereals**

**PIZZA OFFERINGS**  
Cheese, Pepperoni, Hawaiian

**Build Your Perfect Plate**  
  
With fresh, seasonal fruits & veggies from local, California farms!

**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.

**FOR INFORMATION, CONTACT:**  
Child Nutrition Services  
(760) 726-2170 x 92400  
info@wavecrestcafe.com  
www.WaveCrestCafe.com

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# BUILD YOUR PERFECT PLATE



**FRESH FRUIT**



**FRESH VEGGIES**



**FRESH SAUCES**

Take control of your plate with a selection of fresh, seasonal fruits & veggies from local California farms.  
You can also enjoy condiments made from scratch like our homemade salsa and salad dressings.

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Farm2School  
FreshHealthyDelicious