



High School Menu: Spring 2024

Alta Vista, General Murray, VATC

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					
BREAKFAST (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
LUNCH Alta Vista	Chicken Sandwich (Reg. or Spicy) OR Bean & Cheese Pupusa	Chile Verde Pork Carnitas Burrito OR WaveCrest Pizza	Mac & Cheese (Reg. or Buffalo Chicken), Hamburger, Cheeseburger OR Spicy Black Bean Burger	Maple Chicken & Waffles OR Chicken Alfredo Lasagna Rollup; COOKIE DAY!	Chicken Fried Rice Bowl OR Fish Tacos
LUNCH General Murray	Chicken Sandwich (Reg. or Spicy) OR Bean & Cheese Pupusa	Chile Verde Pork Carnitas Burrito OR WaveCrest Pizza	Mac & Cheese (Reg. or Buffalo Chicken), Hamburger, Cheeseburger OR Spicy Black Bean Burger	Maple Chicken & Waffles OR Chicken Alfredo Lasagna Rollup; COOKIE DAY!	Chicken Fried Rice Bowl OR Fish Tacos
LUNCH VATC	Chicken Fried Rice Bowl OR Chicken Sandwich (Reg. or Spicy); COOKIE DAY!	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



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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

**THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER.**

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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.

This institution is an equal opportunity provider.
Esta institución es un proveedor de igualdad de oportunidades.



Farm2School
FreshHealthyDelicious