

WaveCrest Café Supper Meals

May 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
April 29 - May 3	Mini Pancakes PB Cup 4 oz Greek Yogurt Applesauce Cup Milk Paradise Punch	Build Your Own Pizza Pack (WGR) Frozen Apricot Cup Milk Celery	Tuna Cup Wheat Crackers (WGR) Apple Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) String Cheese Mango Icy Tube Milk Cucumbers	Jack Links Sunflower Seeds Wheat Crackers (WGR) Mandarins Milk Paradise Punch
May 6 - 10	4 oz Greek Yogurt String Cheese Chex Mix-Strawberry Yogurt (WGR) Raisins Milk Cucumbers	Grape Smuckers Uncrustables PB&J (WGR) String Cheese Apricot Cup Milk Cucumbers	Ants On a Log Kit Wheat Crackers (WGR) PB Cup Sunflower Seeds Raisins Milk Celery Sticks	Ham & Cheese Sub (WGR) Frozen Berry Cup Milk Paradise Punch	Mini Pancakes PB Cup 4 oz Greek Yogurt Applesauce Cup Milk Paradise Punch
May 13 - 17	Build Your Own Pizza Pack (WGR) Frozen Strawberry Cup Milk Celery Stick	Cheese Dip & Pretzel Bites (WGR) Sunflower Seeds Frozen Berry Cup Milk Paradise Punch	4 oz Greek Yogurt String Cheese DJ Crackers (WGR) Raisins Milk Cucumbers	Grape Smuckers Uncrustables PB&J (WGR) String Cheese Peach Cup Milk Cucumbers	Build Your Own Pizza Pack (WGR) Frozen Peach Cup Milk Celery Stick
May 20 - 24	Banana Bread 4 oz Greek Yogurt Sunflower Seeds Frozen Strawberry Cup Milk Baby Carrots	Grape Smuckers Uncrustables PB&J (WGR) String Cheese Peach Cup Milk Cucumbers	Ants On a Log Kit Wheat Crackers (WGR) PB Cup Sunflower Seeds Raisins Milk Celery Sticks	Ham & Cheese Sub (WGR) Raisins Milk Paradise Punch	Build Your Own Pizza Pack (WGR) Frozen Strawberry Cup Milk Celery Stick
May 27 - 31	NO SCHOOL	Cheese Dip & Pretzel Bites (WGR) Sunflower Seeds Watermelon Raisels Milk Paradise Punch	Mini Pancakes PB Cup 4 oz Greek Yogurt Applesauce Cup Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) String Cheese Strawberry cup Milk Cucumbers	Jack Links Sunflower Seeds Wheat Crackers (WGR) Mandarins 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