

WaveCrest Café Supper Meals

August 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
August 15-16	NO SCHOOL	NO SCHOOL	NO SCHOOL	Tuna Cup Crackers (WGR) Cranberries Milk Paradise Punch	Crackers (WGR) PB Cup Sunflower seeds Fruit Milk Paradise Punch
August 19-23	Jack Links & Sunflower Seeds Crackers (WGR) Fruit Milk Paradise Punch	Smoothie String Cheese Banana Bread Square (WGR) (WGR) Fruit Milk Sliced Cucumbers	Protein Power Box Yogurt & Cheese Stick Crackers (WGR) Fruit Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Apricot Cup Milk Baby Carrots	Build Your Own Pizza Pack (WGR) Strawberry Cup Milk Paradise Punch
August 26-30	Crackers (WGR) Amazing Chickpea Spread Chocolate Sunflower seeds Fruit Milk Paradise Punch	Smokehouse Turkey & Cheese Stick Crackers (WGR) Raisins Milk Paradise Punch	Tuna Cup Crackers (WGR) Fruit Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Mixed Berry Cup Milk Baby Carrots	Ants On a Log Kit Crackers (WGR) PB Cup Sunflower Seeds Raisins Milk Celery Sticks
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		Questions? Please contact us at (760) 726-2700 www.wavecrestcafe.com
Updated 8/6/2024 vl					