

# WaveCrest Café Supper Meals

September 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
September 2-6	NO SCHOOL	Protein Power Box Yogurt & Cheese Stick DJ Cracker (WGR) Fruit Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Apricot Cup Milk Baby Carrots	Ham & Cheese Sandwich (WGR) Strawberry Cup Milk Paradise Punch	Ants On a Log Kit DJ Crackers (WGR) PB Cup Sunflower Seeds Raisins Milk Celery Sticks
September 9-13	Jack Links & Sunflower Seeds crackers (WGR) Fruit Milk Paradise Punch	Smokehouse Turkey & Cheese Stick DJ Crackers (WGR) Raisins 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 Celery Sticks	Banana Bread Square (WGR) Yogurt (8 oz) Dried Cranberries Milk Paradise Punch
September 16-20	Protein Power Box Yogurt & Cheese Stick DJ Crackers (WGR) Fruit Milk Paradise Punch	Cheez Its & Cheddar Cubes Hard boiled Egg Watermelon Raisels Paradise Punch Milk	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Mixed Berry Cup Milk	Turkey & Cheese Sandwich (WGR) Apricot Cup Milk Paradise Punch	Ants On a Log Kit DJ Crackers (WGR) PB Cup Sunflower Seeds Raisins Milk Celery Sticks
September 23-27	Cheese Dip & Pretzel Bites (WGR) Sunflower Seeds Apple Milk Paradise Punch	Smokehouse Turkey & Cheese Stick DJ Crackers (WGR) Raisins 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 Celery Sticks	Banana Bread Square (WGR) Yogurt (8 oz) Dried Cranberries Milk Paradise Punch
September 30 - October 4	Protein Power Box Yogurt & Cheese Stick DJ Crackers (WGR) Raisins Milk Paradise Punch	Cheez Its & Cheddar Cubes Hard boiled Egg Watermelon Raisels Paradise Punch Milk	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Mixed Berry Cup Milk Baby Carrots	Ham & Cheese Sub (WGR) Apricot Cup Milk Paradise Punch	Jack Links & Sunflower Seeds crackers (WGR) Fruit 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](http://www.wavecrestcafe.com)

Updated 8/30/24