

WaveCrest Café Supper Meals

December 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
December 2-6	Mango Pineapple Smoothie Seeds Dried Cherries Strawberry Yogurt Chex Mix Milk Carrots	Mini Maple Pancakes Yogurt String Cheese Apple Sauce Paradise Punch Milk	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Apricot Cup Milk Baby Carrots	Turkey and Cheese Sub Apple Sauce Paradise Punch Milk	Graham Cracker Chocolate Chickpea Spread Seeds Cranberries Paradise Punch Milk
December 9-13	Yogurt 4oz String Cheese Lemon Bread Apricot Cup Carrots Milk	Jack Links Cheese Cubes Cheez itz (WGR) Apple Sauce Paradise Punch Milk	Pretzel Bites Cheese Dip Seeds Apricot Cup Celery Milk	Tuna Cup Tortilla Chips Apple Sauce Paradise Punch Milk	D & J Crackers Banana Chickpea Spread Cranberries Seeds Paradise Punch Milk
December 16-20	Yogurt 4oz Seeds D & J Crackers (WGR) Apricot Cup Carrots Milk	Mini Maple Pancakes Yogurt String Cheese Apple Sauce Paradise Punch Milk	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Apricot Cup Milk Baby Carrots	Turkey and Cheese Sub Apple Sauce Paradise Punch Milk	Graham Cracker Chocolate Chickpea Spread Seeds Cranberries Paradise Punch Milk
December 23-27	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
December 30 - 31	NO SCHOOL	NO SCHOOL			