

WaveCrest Café Supper Meals

November 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
November 4th to 8th	Protein Power Box Yogurt & Cheese Stick Crackers (WGR) Fruit Milk Paradise Punch	Cheese Dip & Sunflower Seeds Crackers (WGR) Strawberry Frozen Cup Milk Paradise Punch	Banana Bread Square (WGR) Yogurt (8 oz) Dried Cranberries Milk Paradise Punch	Build Your Own Pizza Pack (WGR) Apple Slices Carrots Milk	Jack Links Seeds & Cheez - its (WGR) Dried Cherries Milk Paradise Punch
November 11th to 15th	NO SCHOOL	Smokehouse Turkey & Cheese Cubes Cheez - its (WGR) Strawberry Frozen Cup Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Apricot Cup Milk Baby Carrots	Turkey & Cheese Sub (WGR) Apple Slices Milk Paradise Punch	Build Your Own Pizza Pack (WGR) Strawberry Frozen Cup Carrots Milk
November 18th to 22nd	Smoothie String Cheese Chex Mix-Strawberry Yogurt (WGR) Peach Cup Milk Celery Sticks	Cheese Dip & Sunflower Seeds Crackers (WGR) Strawberry Frozen Cup Milk Paradise Punch	Grape Smuckers Uncrustables PB&J (WGR) Cheese Stick Apricot Cup Milk Baby Carrots	Tuna Cup Cracker (WGR) Apple Slices Paradise Punch Milk	Jack Links Seeds & Cheez - its (WGR) Dried Cherries Milk Paradise Punch
November 25th - 29th	THANKSGIVING BREAK NO SCHOOL November 25th	THANKSGIVING BREAK NO SCHOOL November 26th	THANKSGIVING BREAK NO SCHOOL November 27th	THANKSGIVING BREAK NO SCHOOL November 28th	THANKSGIVING BREAK NO SCHOOL November 29th