



SUMMER MENU

SUMMER 2025

Free lunch for all children 18 years or younger
Meals served Monday - Friday (no meals served June 19th or July 4th)
Meals prepared daily by WaveCrest Cafe

LOCATION - DATES - TIMES

Foothill Oak Elementary 1370 Oak Dr., Vista

Dates: 6/9 - 8/1

Breakfast: 8:00 - 8:30 AM

Lunch: 11:00 AM - 12:30 PM

Grapevine Elementary: 630 Grapevine Rd., Vista

Dates: 6/9 - 8/1

Breakfast: 8:00 - 8:30 AM

Lunch: 11:00 AM - 12:30 PM

Rancho Buena Vista High School: 1601 Longhorn Dr., Vista

Dates: 6/9 - 7/18

Breakfast: 8:00 - 8:30 AM

Lunch: 10:10 AM - 11:00 AM

VIDA Middle School: 740 Olive Ave., Vista

Dates: 6/9 - 8/8

Breakfast: 8:00 - 9:00 AM

Lunch: 11:00 AM - 12:30 PM

Boys & Girls Club of Vista: 410 W. California Ave. Vista

Dates: 6/9 - 8/8

Breakfast: 8:30 - 9:30 AM

Lunch: 11:30 AM - 1:00 PM



Menus subject to change.
Scan here for any updates.



WEEK A: 6/9; 6/23; 7/7; 7/21; 8/4

MONDAY: BREAKFAST - HAM & CHEESE CROISSANT

LUNCH - CHEESY BREADSTICK OR PEPPERONI PIZZA STICK W/ SUNFLOWER SEEDS OR VEGETARIAN SOUTHWEST SALAD

TUESDAY: BREAKFAST - BREAKFAST TACO

LUNCH - CHICKEN TENDERS OR YOGURT PROTEIN POWER BOX

WEDNESDAY: BREAKFAST - PUMPKIN BREAD WITH STRING CHEESE

LUNCH - TERIYAKI CHICKEN WITH FRIED RICE OR VEGETARIAN SOUTHWEST SALAD

THURSDAY: BREAKFAST - BLENDERLESS SMOOTHIE WITH MINI PANCAKES

LUNCH - CHICKEN SANDWICH OR YOGURT PROTEIN POWER BOX

FRIDAY: BREAKFAST - CINNAMON ROLL WITH STRING CHEESE

LUNCH - TAMALES WITH GREEN CHILE & CHEESE OR VEGETARIAN SOUTHWEST SALAD

WEEK B: 6/16; 6/30; 7/14; 7/28

MONDAY: BREAKFAST - EGG SCRAMBLE WITH BACON BITS & BISCUIT

LUNCH - BEAN & CHEESE PUPUSA OR SOFT PRETZEL & CHEESE

TUESDAY: BREAKFAST - SAUSAGE AND CHEESE BURRITO

LUNCH - CHICKEN PENNE ALFREDO OR SMUCKERS UNCRUSTABLE PB&J

WEDNESDAY: BREAKFAST - EGG BITES WITH MINI MUFFIN

LUNCH - MAC & CHEESE OR SOFT PRETZEL & CHEESE

THURSDAY: BREAKFAST - ORANGE CRANBERRY Scone WITH STRING CHEESE

LUNCH - CHICKEN TACO BOWL W/ CHIPS OR SMUCKERS UNCRUSTABLE PB&J

FRIDAY: BREAKFAST - PIZZA TOAST

LUNCH - KUNG PAO CHICKEN W/ RICE OR SOFT PRETZEL & CHEESE

- Breakfast served with assorted fresh fruit, cereal, and milk (1% or non-fat white)
- Lunch meals include entree, 8 oz milk (1% or chocolate nonfat), fresh fruit & fresh vegetables!



SCAN CODE FOR SUMMER MENUS

Child Nutrition Rules & Regulations under USDA

To qualify as a reimbursable meal, children may select all 5 or as few as 3 of the food components offered, AND a 1/2 cup of fruit and/or vegetable. Components include: 1) fruit; 2) vegetable; 3) milk; 4) grains; 5) meat/meat alternates. Condiments do not count as a component. Meals must contain less than 10% calories from saturated fat. Menu and times are subject to change without notice.



For more information contact www.WaveCrestCafe.com or call (760) 726-2170 x 92400

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