

WaveCrest Café Supper Meals

October 2025

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
October 01 - 03			Grape Smuckers Uncrustables PB&J (WGR) String Cheese Orange Milk Paradise Punch	Pizza Kit Strawberry Frozen Cup Celery Milk	Pretzle Bites Cheese Cups Seeds Dried Cherries Paradise Punch Milk
October 06 - 10	Tuna Cup Tortillia Chips Raisins Paradise Punch Milk	Lemon Bread Yogurt (4oz) String Cheese Frozen Apricot Cucumbers Milk	Grape Smuckers Uncrustables PB&J (WGR) String Cheese Orange Milk Paradise Punch	Mango Pinapple Smoothie String Cheese DJ Crackers Dried Cranberries Carrots Milk	Ants on Log Kit Crackers Pb Cup Sunflower Seeds Raisins Celery Stick Milk
October 13 - 17	Smokehouse Turkey Stick Seeds Crackers Dried Cherries Paradise Punch Milk	Turkey & Cheese Sandwich Frozen Apricot Celery Milk	Grape Smuckers Uncrustables PB&J (WGR) String Cheese Orange Milk Paradise Punch	Eggo Mini Confetti Pancakes Yogurt String Cheese Apple sauce Cucumbers Milk	Graham Cracker Chocolate Chickpea Spread Seeds Mixed Berry Cup Paradise Punch Milk
October 20 - 24	Bean Dip Tortilla Chips Seeds Watermelon Raisels Paradise Punch Milk	Ham & Cheese Sandwich Frozen Peach Cup Celery Milk	Grape Smuckers Uncrustables PB&J (WGR) String Cheese Orange Milk Paradise Punch	Pizza Kit Frozen Apricot Cucumber Milk	Pretzle Bites Cheese Cups Seeds Dried Cherries Paradise Punch Milk
October 27 - 31	Turkey Stick Seeds Bar Campfire Smores Apple Sauce Paradise Punch Milk	Banana Bread Square Yogurt (4oz) String Cheese Frozen Apricot Cucumbers Milk	Grape Smuckers Uncrustables PB&J (WGR) String Cheese Orange Milk Paradise Punch	Mango Pinapple Smoothie String Cheese DJ Crackers Dried Cranberries Carrots Milk	Ants on Log Kit Crackers Pb Cup Sunflower Seeds Raisins Celery Stick Milk

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) 726-2170 x92400

www.wavecrestcafe.com

Updated 09/15/25 AH