

WaveCrest Café Supper Meals

September 2026

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 1 - 4	AUGUST	Mini Banana Muffin Yogurt String Cheese Apple Celery Milk	HOT MEAL: Spaghetti with Italian Meatball Ragu Apple Slices Milk	Bagel Dots String Cheese Seeds Orange Carrots Milk	PB Cup Seeds Pretzel Bites Raisins Paradise Punch Milk
September 7 - 11	LABOR DAY	Strawberry Graham Crackers Yogurt Chocolate Chickpea Spread Apple Celery Milk	HOT MEAL: BBQ Chicken Sandwich Apple Slices Milk	Bagel Dots String Cheese Seeds Orange Carrots Milk	Cheez Its Seeds Ranch Chickpeas Raisins Paradise Punch Milk
September 14 - 18	HOT MEAL: Pineapple Chicken Fried Rice Dried Cranberries Milk	Mini Banana Muffin Yogurt String Cheese Apple Celery Milk	HOT MEAL: Pollo Asado Torta Apple Slices Milk	Turkey and Cheese Sub Orange Carrots Milk	Wheat Crackers Seeds PB Cup Dried Cranberries Paradise Punch Milk
September 21 - 25	HOT MEAL: Southwest Chicken Burrito Dried Cranberries Milk	Strawberry Graham Crackers Yogurt Chocolate Chickpea Spread Apple Celery Milk	HOT MEAL: Turkey Cheeseburger Mac Apple Slices Milk	Ham and Cheese Sub Orange Carrots Milk	Cheez Its Seeds Ranch Chickpeas Raisins Paradise Punch Milk
September 28 - 30	HOT MEAL: Carnitas Burrito Dried Cranberries Milk	Mini Banana Muffin Yogurt String Cheese Apple Celery Milk	HOT MEAL: Chicken Enchilada Rotini Apple Slices Milk	OCTOBER	OCTOBER

Menu subject to change.

Questions? Please contact us at (760) 726-2170 x92400

This institution is an equal opportunity provider.

CONTAINS PEANUTS

www.wavecrestcafe.com

Updated 09/17/26 AH