

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	PB & J String Cheese Apple Slices Cucumbers 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	PB & J String Cheese Apple Slices Cucumbers Milk	Bagel Dots String Cheese Seeds Orange Carrots Milk	Cheez Its Seeds Ranch Chickpeas Raisins Paradise Punch Milk
September 14 - 18	PB Cup Wheat Crackers String Cheese Dried Cranberries Paradise Punch Milk	Mini Banana Muffin Yogurt String Cheese Apple Celery Milk	PB & J String Cheese Apple Slices Cucumbers Milk	Turkey and Cheese Sub Orange Carrots Milk	PB Cup Seeds Pretzel Bites Raisins Paradise Punch Milk
September 21 - 25	Wheat Crackers Seeds PB Cup Dried Cranberries Paradise Punch Milk	Strawberry Graham Crackers Yogurt Chocolate Chickpea Spread Apple Celery Milk	PB & J String Cheese Apple Slices Cucumbers Milk	Ham and Cheese Sub Orange Carrots Milk	Cheez Its Seeds Ranch Chickpeas Raisins Paradise Punch Milk
September 28 - 30	PB Cup Wheat Crackers String Cheese Dried Cranberries Paradise Punch Milk	Mini Banana Muffin Yogurt String Cheese Apple Celery Milk	PB & J String Cheese Apple Slices Cucumbers 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

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