

WaveCrest Café Supper Meals

October 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
October 1 - 2	SEPTEMBER	SEPTEMBER	SEPTEMBER	PB Uncrustable String Cheese Apple Slices Carrots Milk	Pretzel Bites Hummus Cheese Cubes Raisins Paradise Punch Milk
October 5 - 9	Turkey Chorizo Black Bean Burrito Dried Cranberries Corn (in hot meal) Milk	Turkey Sticks String Cheese Gold Fish Crackers Raisins Celery Milk	Chicken Alfredo Pasta (already an ingredient) Orange Peas (in hot meal) Milk	Pretzel Bites PB Cup String Cheese Raisins Paradise Punch Milk	Strawberry Bagel String Cheese Sunflower Seeds Dried Apples Paradise Punch Milk
October 12 - 16	Teriyaki Chicken Dried Cranberries Carrot (in hot meal) Milk	PB Cup Pretzel Bites Seeds Fresh Apple Celery Milk	Italian Meatball Ragu Pasta with Shredded Carrots Orange Milk	Turkey & Cheese Sub Mixed Berry Fruit Cup Carrots Milk	Cheez Its Seeds Ranch Chickpeas Raisins Paradise Punch Milk
October 19 - 23	Turkey Cheeseburger Mac Dried Cranberries Yukon Potatoes (in hot meal) Milk	Turkey Sticks String Cheese Crackers Strawberry Fruit Cup Celery Milk	Turkey Taco Bowl with Brown Rice & Black Beans Apple Milk	Cheez Its Seeds Ranch Chickpeas Raisins Paradise Punch Milk	Strawberry Bagel String Cheese Sunflower Seeds Apricot Fruit Cup Paradise Punch Milk
October 26 - 30	Turkey Cheeseburger Burrito with Yukon Potatoes Dried Cranberries Milk	PB Cup Pretzel Bites Seeds Apple Slices Celery Milk	Pork Carnitas Bowl with Brown Rice Black Beans & Sweet Potatoes Orange Milk	Turkey & Cheese Sub Apricot Fruit Cup Carrots Milk (make recipe)	Strawberry Graham Crackers Yogurt Chocolate Chickpea Spread Raisins Paradise Punch Milk

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

This institution is an equal opportunity provider.

CONTAINS PEANUTS

www.wavecrestcafe.com

CONTAINS TREE NUTS

Updated 09/30/26 AH