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	Strawberry Graham Crackers Yogurt Chocolate Chickpea Spread Apricot Fruit Cup Cucumbers Milk	Pretzel Bites Hummus Cheese Cubes Raisins Paradise Punch Milk
October 5 - 9	Mini Banana Muffin 4oz Yogurt Sunflower Seeds Apricot Cup Paradise Punch Milk	Turkey Sticks String Cheese Gold Fish Crackers Raisins Celery Milk	Cheez Its Sunflower Seeds Ranch Chickpeas Apple Slices Cucumbers Milk	Pretzel Bites PB Cup String Cheese Raisins Carrots Milk	Strawberry Bagel String Cheese Sunflower Seeds Dried Apples Paradise Punch Milk
October 12 - 16	Turkey Stick String Cheese Crackers Dried Cranberries Paradise Punch Milk	Bagel Dots String Cheese Sunflower Seeds Craisins Celery Milk	Anytimers Cheese and Pepperoni Pizza Kit Apple Cucumbers Milk	Anytimers Turkey & Cheese Kit Orange Carrots Milk	Wheat Crackers Seeds Ranch Chickpeas Apple Slices Paradise Punch Milk
October 19 - 23	Pretzel Bites PB Cup String Cheese Dried Apple Paradise Punch Milk	Strawberry Graham Crackers Yogurt Chocolate Chickpea Spread Apricot Fruit Cup Celery Milk	PB Uncrustable String Cheese Dried Cranberries Cucumbers Milk	Bean Dip Tortilla Chips String Cheese Dried Cranberries Carrots Milk	Strawberry Bagel String Cheese Sunflower Seeds Apricot Fruit Cup Paradise Punch Milk
October 26 - 30	Mini Banana Muffin 4 oz Yogurt Sunflower Seeds Dried Cranberries Paradise Punch Milk	PB Cup Pretzel Bites Seeds Apple Slices Celery Milk	Bean Dip Tortilla Chips String Cheese Dried Cranberries Cucumbers Milk	Turkey & Cheese Sub Apricot Fruit Cup Carrots Milk	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

CONTAINS TREE NUTS

www.wavecrestcafe.com

Updated 10/14/26 AH