

#### AFTERSCHOOL SNACK 2024 - 2025

## **SEPTEMBER**

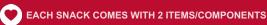


Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Labor Day	2 - Mini Blueberry Muffin & Apple	<b>3</b> - Animal Crackers & Juice	4 - Granola Bar & Juice	<b>5</b> - Cheddar Goldfish And Juice
8 - Mini Corn Muffin & Milk	<b>9</b> - Vanilla Grahams & Milk	10 - Cinnamon Goldfish & Milk	11 - Sunflower Seeds & Juice	12 No meal service
15 - Pretzel Goldfish & Juice	16 - Cinnamon Goldfish & Milk	17 - Cheddar Goldfish And Juice	18 - Mini Corn Muffin & Milk	<b>19</b> - Chocolate Belly Bears & Milk
<b>22</b> - Cheddar Goldfish And Juice	23 - Sunflower Seeds &	<b>24</b> - Granola Bar & Juice	<b>25</b> - Mjm Chili Lime Crackers W/ Juice	<b>26</b> - Vanilla Grahams & Milk
29 - Pretzel Goldfish & Juice	30 - Mini Blueberry Muffin & Apple	1	2	3

### **Drinks**

Nonfat Milk, 1% Milk, Nonfat Chocolate Milk

This institution is an equal opportunity provider and employer



VEGETARIAN

PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS











### LUNCH K-8 & 9-12 2025-2026

## **SEPTEMBER**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Labor Day	<ul> <li>2 - Chicken Corn Dog         <ul> <li>Sweet And Sour</li> <li>Chicken</li> <li>Cheesy Breadsticks</li> <li>W/ Marinara Sauce</li> <li>Bagel Kit</li> </ul> </li> </ul>	<ul> <li>3 - Buffalo Chicken         Hoagie         - Teriyaki Chicken W/         Rice &amp; Veggies         - Bagel Kit</li> </ul>	<ul> <li>4 - Breaded Chicken         Sandwich         - Wet Chicken Burrito         - Cheesy Bean Dip W/         Tortilla Chips         - Breaded Chicken         Wrap</li> </ul>	<b>5</b> - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Dinner Roll
<ul> <li>8 - Cheeseburger</li> <li>- Sesame Orange</li> <li>Chicken W/ Rice</li> <li>- Cobb Salad Wrap</li> <li>- Bagel Kit</li> </ul>	<b>9</b> - Spaghetti W/ Beef Meatsauce - Beef Hot Dog - Bagel Kit	<ul> <li>10 - Chicken Enchiladas</li> <li>- Mr. Mike's Bbq</li> <li>Chicken Sandwich</li> <li>- Turkey &amp; Cheese On</li> <li>Dutch Crunch</li> <li>- Bagel Kit</li> </ul>	11 - Chicken Nuggets W/ Olive Oil & Parmesan Pasta - Southwest Veggie Taco Salad W/ Tortilla Chips - Bagel Kit	12 No meal service
15 - Pasta W/ Olive Oil & Parmesan - Curry Fried Rice - Chicken Bacon Ranch Wrap - Bagel Kit	16 - Chicken Parmesan With Pasta - Bbq Chicken Wrap - Athenian Chicken Salad W/ Pita Triangles - Bagel Kit	17 - Pasta W/ Marinara & Mozzarella - Pesto Caprece Salad - Bagel Kit	18 - Breaded Chicken Sandwich	19 - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Dinner Roll - Italian Deli Sub
22 - Hamburger - Greek Chicken W/ Rice Pilaf - Pasta X Plosion! - Turkey & Cheese Sandwich - Chicken Caesar Wrap	23 - Beef Hot Dog - Popcorn Chicken & Tater Bowl - Smoked Chicken Wrap	24 - Chicken Parm Hoagie - Chicken Bacon Ranch Salad W/ Dinner Roll - Turkey & Cheese On Dutch Crunch - Bagel Kit	25 - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli W/ Marinara Sauce - Cobb Salad Wrap	<b>26</b> - Pepperoni Pizza - Cheese Pizza - Santa Fe Chicken Salad - Bagel Kit

ALL MEALS COME WITH A CHOICE OF FRESH FRUIT OR FRESH VEGETABLE AND A DRINK

**VEGETARIAN** 



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



**VEGAN** 







Monday	Tuesday	Wednesday	Thursday	Friday
29 - Bbq Cheeseburger - Boneless Buffalo Chicken Wings & Rice Pilaf - Breaded Chicken Salad - Spicy Chicken Wrap	30 - Chicken Corn Dog - Sweet And Sour Chicken - Cheesy Breadsticks W/ Marinara Sauce - Bagel Kit	1	2	3

### **Drinks**

Nonfat Milk, 1% Milk, Nonfat Chocolate Milk

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PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS













#### BREAKFAST K-12 2025-2026

## **SEPTEMBER**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Labor Day	<b>2</b> - Breakfast Cereal	<ul><li>3 - Maple Chicken</li><li>Biscuit</li><li>Breakfast Cereal</li></ul>	<b>4</b> - Breakfast Burrito - Glazed Donut Holes	<b>5</b> - Pan De Elote - Breakfast Cereal
<ul><li>8 - Bagel W/ Cream</li><li>Cheese</li><li>- Breakfast Cereal</li></ul>	<b>9</b> - Concha - Breakfast Cereal	10 - Breakfast Muffin - Breakfast Cereal	11 - Cinnamon Crumble - Breakfast Cereal	12 No meal service
- Breakfast Cereal	<b>16</b> - Pancake Bites - Bagel W/ Cream Cheese	17 - Breakfast Cereal	<b>18</b> - Apple Cinnamon Frudel - Breakfast Cereal	<b>19</b> - Southwest Breakfast Burrito - Breakfast Cereal
22 - Melted Cheese Bagel - Breakfast Muffin	23 - Breakfast Cereal	<b>24</b> - Bagel W/ Cream Cheese - Breakfast Cereal	25 - French Toast Sticks - Breakfast Cereal	<b>26</b> - Breakfast Chilaquilles - Cinnamon Raisin Bagel W/ Cream Cheese
29 - Melted Cheese Bagel - Bagel W/ Cream Cheese	<b>30</b> - Sausage & Cheese Muffin Sandwich - Breakfast Cereal	1	2	3

### **Drinks**

Nonfat Milk, 1% Milk, Nonfat Chocolate Milk

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ALL BREAKFAST ENTREES INCLUDE A FRUIT AND

PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS

**VEGETARIAN** 











## Vegan / Gluten Free

## **SEPTEMBER**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Labor Day	<b>2</b> - Vegan 3 Bean Chili W/ Tortilla Chips	<b>3</b> - Vegan Fried Rice	<b>4</b> - Vegan Burrito Bowl	5
8	9	10	11	12 No meal service
15	16	17	18 - Myo Vegan Tacos	19
22	23	24	25	26
29	30	1	2	3

#### **Drinks**

Nonfat Milk, 1% Milk, Nonfat Chocolate Milk

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PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS











## MAKING WAVES HIGH SCHOOL **SEPTEMBER**

### **AFTERSCHOOL** SNACK 2024 -2025



Date	Menu Item	Cou	nt Allergens
Tuesday 2	Mini Blueberry Muffin & Apple	50	Wheat, Soy, Egg, Milk
Wednesday			
3	Animal Crackers & Juice	50	Wheat
Thursday 4	Granola Bar & Juice	50	Wheat, Soy, Milk
Friday 5	Cheddar Goldfish And Juice	50	Wheat, Milk
Monday 8	Mini Corn Muffin & Milk	50	Wheat, Soy, Egg, Milk
Tuesday 9	Vanilla Grahams & Milk	50	Wheat, Milk
Wednesday			
10	Cinnamon Goldfish & Milk	50	Wheat, Milk
Thursday 11	Sunflower Seeds & Juice	50	Wheat
Monday 15	Pretzel Goldfish & Juice	50	Wheat
Tuesday 16	Cinnamon Goldfish & Milk	50	Wheat, Milk
Wednesday			
17	Cheddar Goldfish And Juice	50	Wheat, Milk
Thursday 18	Mini Corn Muffin & Milk	50	Wheat, Soy, Egg, Milk
Friday 19	Chocolate Belly Bears & Milk	50	Wheat, Milk
Monday 22	Cheddar Goldfish And Juice	50	Wheat, Milk
Tuesday 23	Sunflower Seeds & Juice	50	Wheat
Wednesday			
24	Granola Bar & Juice	50	Wheat, Soy, Milk
Thursday 25	Mjm Chili Lime Crackers W/ Juice	50	Wheat, Soy, Sesame
Friday 26	Vanilla Grahams & Milk	50	Wheat, Milk
Monday 29	Pretzel Goldfish & Juice	50	Wheat
Tuesday 30	Mini Blueberry Muffin & Apple	50	Wheat, Soy, Egg, Milk



## MAKING WAVES HIGH SCHOOL **SEPTEMBER**

### LUNCH K-8 & 9-12 2025-2026



Date	Menu Item		Cou	nt Allergens
				What at Oas Francisco Abido a Toulous
Tuesday 2	Chieken Com Dog		76	Wheat, Soy, Egg, Chicken, Turkey,
Tuesday 2	Chicken Corn Dog		76	Sesame Wheat Say Egg Milk Chicken
	Sweet And Sour Chicken		76	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Cheesy Breadsticks W/ Marinara		70	Jesame
	Sauce	Veg	76	Wheat, Soy, Milk, Tomato, Sesame
	Bagel Kit			Wheat, Soy, Milk, Sesame
<b>\\\\\</b> - d d	2090	9		
Wednesday 3	Puffala Chiakan Haagia		150	Wheat Say Milk Chickon
3	Buffalo Chicken Hoagie Teriyaki Chicken W/ Rice & Veggies		150 80	Wheat, Soy, Milk, Chicken Wheat, Soy, Chicken, Sesame
	Bagel Kit	Veg	20	Wheat, Soy, Milk, Sesame
		veg		• • • • • • • • • • • • • • • • • • • •
Thursday 4	Breaded Chicken Sandwich		180	Wheat, Soy, Milk, Chicken, Sesame
	W ( O) : 1		00	Wheat, Soy, Milk, Chicken, Tomato,
	Wet Chicken Burrito		30	Sesame
	Cheesy Bean Dip W/ Tortilla Chips		20	Milk, Soy
	Breaded Chicken Wrap		20	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Breaded Chicken Wrap		20	
				Wheat, Soy, Milk, Pork, Beef,
Friday 5	Pepperoni Pizza		170	Tomato, Turkey
	Cheese Pizza	Veg	20	Wheat, Soy, Milk, Tomato
	Chicken Caesar Salad W/ Dinner		00	What A Care Mills Chistean Casana
	Roll		60	Wheat, Soy, Milk, Chicken, Sesame
Monday 8	Cheeseburger		180	Wheat, Soy, Milk, Beef, Sesame
	Sesame Orange Chicken W/ Rice		30	Wheat, Soy, Chicken, Sesame
				Wheat, Soy, Egg, Milk, Tomato,
	Cobb Salad Wrap		30	Turkey
	Bagel Kit	Veg	10	Wheat, Soy, Milk, Sesame
Tuesday 9	Spaghetti W/ Beef Meatsauce		150	Wheat, Egg, Beef, Milk, Tomato, Soy
_	Beef Hot Dog		80	Wheat, Soy, Beef, Sesame
	Bagel Kit	Veg	20	Wheat, Soy, Milk, Sesame



Wednesday				
10	Chicken Enchiladas		85	Soy, Milk, Chicken, Tomato, Sesame
				Wheat, Soy, Milk, Chicken, Tomato,
	Mr. Mike's Bbq Chicken Sandwich		60	Sesame
	Turkey & Cheese On Dutch Crunch		85	Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg	20	Wheat, Soy, Milk, Sesame
Thursday 11	Chicken Nuggets W/ Olive Oil & Parmesan Pasta		190	Wheat, Soy, Egg, Milk, Chicken, Sesame
	Southwest Veggie Taco Salad W/		20	Mills Con Tamata Fra
	Tortilla Chips	Voa	30	Milk, Soy, Tomato, Egg
	Bagel Kit	Veg	30	Wheat, Soy, Milk, Sesame
Monday 15	Pasta W/ Olive Oil & Parmesan	Veg	80	Wheat, Milk
	Curry Fried Rice	Veg	50	Wheat, Soy, Egg, Sesame
				Wheat, Milk, Pork, Chicken, Egg,
	Chicken Bacon Ranch Wrap		100	Tomato
	Bagel Kit	Veg	20	Wheat, Soy, Milk, Sesame
Tuesday 16	Chicken Parmesan With Pasta		175	Wheat, Soy, Milk, Tomato, Chicken
	Bbq Chicken Wrap		20	Wheat, Soy, Egg, Milk, Chicken
	Athenian Chicken Salad W/ Pita			
	Triangles		25	Wheat, Milk, Chicken, Tomato
	Bagel Kit	Veg	25	Wheat, Soy, Milk, Sesame
Wednesday				
17	Pasta W/ Marinara & Mozzarella	Veg	20	Wheat, Egg, Milk, Tomato
	Pesto Caprece Salad	Veg	10	Wheat, Milk, Tomato
	Bagel Kit	Veg	10	Wheat, Soy, Milk, Sesame
Thursday 18	Breaded Chicken Sandwich Chicken Kapama W/ Olive Oil &		199	Wheat, Soy, Milk, Chicken, Sesame
	Parmesan Pasta		20	Chicken, Wheat, Milk, Tomato
	Turkey & Cheese Hoagie		20	Wheat, Milk, Turkey, Sesame
	Bagel Kit	Veg	10	Wheat, Soy, Milk, Sesame
	_			Wheat, Soy, Milk, Pork, Beef,
Friday 19	Pepperoni Pizza		180	Tomato, Turkey
,	Cheese Pizza	Veg	20	Wheat, Soy, Milk, Tomato
	Chicken Caesar Salad W/ Dinner	U		, ,
	Roll		40	Wheat, Soy, Milk, Chicken, Sesame Wheat, Soy, Milk, Pork, Beef, Turkey,
	Italian Deli Sub		10	Sesame

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Monday 22	Hamburger		100	Wheat, Soy, Beef, Sesame
•	Greek Chicken W/ Rice Pilaf		50	Chicken
	Pasta X Plosion!	Veg	20	Wheat, Milk, Tomato
	Turkey & Cheese Sandwich		30	Wheat, Soy, Milk, Turkey, Sesame
	Chicken Caesar Wrap		50	Wheat, Egg, Milk, Chicken
Tuesday 23	Beef Hot Dog		30	Wheat, Soy, Beef, Sesame
	Popcorn Chicken & Tater Bowl		180	Soy, Milk, Chicken, Wheat
				Wheat, Soy, Egg, Milk, Chicken,
	Smoked Chicken Wrap		30	Tomato
Wednesday				Wheat, Soy, Milk, Chicken, Tomato,
24	Chicken Parm Hoagie		80	Sesame
	Chicken Bacon Ranch Salad W/			Wheat, Soy, Egg, Milk, Pork,
	Dinner Roll		75	Chicken, Tomato, Sesame
	Turkey & Cheese On Dutch Crunch		75	Wheat, Soy, Milk, Turkey, Sesame
	Bagel Kit	Veg	20	Wheat, Soy, Milk, Sesame
				Wheat, Soy, Egg, Milk, Chicken,
Thursday 25	Chicken Nuggets W/ Rice Pilaf		180	Sesame
	Cheese Ravioli W/ Marinara Sauce	Veg	35	Egg, Milk, Wheat, Tomato
				Wheat, Soy, Egg, Milk, Tomato,
	Cobb Salad Wrap		35	Turkey
				Wheat, Soy, Milk, Pork, Beef,
Friday 26	Pepperoni Pizza		180	Tomato, Turkey
	Cheese Pizza	Veg	20	Wheat, Soy, Milk, Tomato
	Santa Fe Chicken Salad		10	Chicken, Milk, Tomato, Soy, Egg
	Bagel Kit	Veg	10	Wheat, Soy, Milk, Sesame
				Wheat, Soy, Milk, Beef, Tomato,
Monday 29	Bbq Cheeseburger		180	Sesame
	Boneless Buffalo Chicken Wings &			
	Rice Pilaf		40	Wheat, Soy, Milk, Chicken, Sesame
				Wheat, Soy, Egg, Milk, Chicken,
	Breaded Chicken Salad		15	Tomato, Sesame
				Wheat, Soy, Egg, Milk, Chicken,
	Spicy Chicken Wrap		15	Sesame
				Wheat, Soy, Egg, Chicken, Turkey,
Tuesday 30	Chicken Corn Dog		40	Sesame



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Wheat, Soy, Egg, Milk, Chicken, Sweet And Sour Chicken 100 Sesame Cheesy Breadsticks W/ Marinara Veg 80 Sauce Wheat, Soy, Milk, Tomato, Sesame Veg 30 Bagel Kit Wheat, Soy, Milk, Sesame

3162 Baumberg Avenue, Hayward, CA 94070

## MAKING WAVES HIGH SCHOOL **SEPTEMBER**

### **BREAKFAST K-12** 2025-2026



Date	Menu Item		Cou	nt Allergens
Tuesday 2	Breakfast Cereal		15	Wheat, Soy, Milk, Pork, Beef
Wednesday				
3	Maple Chicken Biscuit		10	Wheat, Soy, Milk, Chicken, Sesame
	Breakfast Cereal		20	Wheat, Soy, Milk, Pork, Beef
Thursday 4	Breakfast Burrito		15	Wheat, Soy, Egg, Pork, Beef, Turkey
	Glazed Donut Holes		15	Wheat, Soy, Egg, Milk, Sesame
Friday 5	Pan De Elote		20	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal		10	Wheat, Soy, Milk, Pork, Beef
Monday 8	Bagel W/ Cream Cheese		20	Wheat, Soy, Milk, Sesame
	Breakfast Cereal		10	Wheat, Soy, Milk, Pork, Beef
Tuesday 9	Concha		20	Wheat, Soy, Egg, Milk, Sesame
-	Breakfast Cereal		10	Wheat, Soy, Milk, Pork, Beef
Wednesday				
10	Breakfast Muffin		15	Wheat, Soy, Egg, Milk
	Breakfast Cereal		15	Wheat, Soy, Milk, Pork, Beef
Thursday 11	Cinnamon Crumble		20	Wheat, Soy, Egg, Milk
	Breakfast Cereal		10	Wheat, Soy, Milk, Pork, Beef
Monday 15	Double Chocolate Muffin Top		20	Wheat, Soy, Egg, Milk, Sesame
-	Breakfast Cereal		10	Wheat, Soy, Milk, Pork, Beef
Tuesday 16	Pancake Bites		15	Wheat, Soy, Egg, Milk, Sesame
	Bagel W/ Cream Cheese		15	Wheat, Soy, Milk, Sesame
Wednesday				
17	Breakfast Cereal		30	Wheat, Soy, Milk, Pork, Beef
Thursday 18	Apple Cinnamon Frudel	Veg	15	Wheat, Soy, Egg, Milk
	Breakfast Cereal		15	Wheat, Soy, Milk, Pork, Beef
Friday 19	Southwest Breakfast Burrito		15	Egg, Milk, Wheat, Soy
	Breakfast Cereal		15	Wheat, Soy, Milk, Pork, Beef



Monday 22	Melted Cheese Bagel	15	Wheat, Soy, Milk, Sesame
	Breakfast Muffin	15	Wheat, Soy, Egg, Milk
Tuesday 23	Breakfast Cereal	40	Wheat, Soy, Milk, Pork, Beef
Wednesday			
24	Bagel W/ Cream Cheese	15	Wheat, Soy, Milk, Sesame
	Breakfast Cereal	15	Wheat, Soy, Milk, Pork, Beef
Thursday 25	French Toast Sticks	10	Wheat, Soy, Egg, Milk, Sesame
	Breakfast Cereal	20	Wheat, Soy, Milk, Pork, Beef
Friday 26	Breakfast Chilaquilles	15	Wheat, Soy, Egg, Milk
	Cinnamon Raisin Bagel W/ Cream		
	Cheese	15	Wheat, Soy, Milk, Sesame
Monday 29	Melted Cheese Bagel	15	Wheat, Soy, Milk, Sesame
J	Bagel W/ Cream Cheese	15	Wheat, Soy, Milk, Sesame
Tuesday 30	Sausage & Cheese Muffin Sandwich	15	Milk, Wheat, Soy
-	Breakfast Cereal	15	Wheat, Soy, Milk, Pork, Beef





# MAKING WAVES HIGH SCHOOL SEPTEMBER

## Vegan / Gluten Free



Date	Menu Item			Count Allergens		
Tuesday 2	Vegan 3 Bean Chili W/ Tortilla Chips	V	1	Tomato		
Wednesday 3	Vegan Fried Rice	V	1	Soy, Sesame		
Thursday 4	Vegan Burrito Bowl	V	1	Tomato		
Thursday 18	Myo Vegan Tacos	V	1	Tomato		



