

Elementary Lunch Menu

November

La Mesa-Spring Valley Schools

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| <p>This institution is an equal opportunity provider.</p> <p>Menu Subject to Change without Notice.</p> <p>SIDES OFFERED DAILY: String Cheese, Whole Wheat Dinner Roll</p> <p>ENTREES OFFERED DAILY: PB&J Uncrustable (WOWButter & Jelly @ La Mesa Dale & Murray Manor), Assorted 4 oz Low Fat Yogurt with Graham Crackers</p> | | | | |
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| <p>4 *PIZZA DAY: Sparrow Academy Chicken Nuggets Pizza Protein Bistro Box Fresh Carrot Sticks Corn Fresh Romaine Lettuce Fresh Apple</p> | <p>5 *PIZZA DAY: Rolando & Sweetwater Springs ✓ Easy Peasy Cheesy Breadsticks ✓ Marinara Sauce Pizza Protein Bistro Box Fresh Jicama Sticks Fresh Romaine Lettuce Diced Pears Fresh Orange Wedges</p> | <p>6 *PIZZA DAY: La Presa Elem & Maryland Ave Mandarin Orange Chicken ✓ Brown Rice Pizza Protein Bistro Box Cucumber Slices Garbanzo Beans Fresh Romaine Lettuce Fresh Banana</p> | <p>7 *PIZZA DAY: Loma & Murray Manor Pepperoni Pasta Bake Turkey Cheese Sub Fresh Carrot Sticks Fresh Romaine Lettuce Fresh Farmer Fruit: TBD Mixed Fruit Cocktail</p> | <p>1 Turkey Sausage Cheese Tamale Pizza Protein Bistro Box Fresh Celery Sticks Fresh Romaine Lettuce Mixed Fruit Cocktail</p> |
| <p>11 </p> | <p>12 *PIZZA DAY: La Mesa Dale & Lemon Ave Chicken Corn Dog Turkey Cheese Sub Fresh Jicama Sticks Fresh Romaine Lettuce Diced Pears Fresh Orange Wedges</p> | <p>13 *PIZZA DAY: Highlands & Rancho Teriyaki Beef & Broccoli ✓ Brown Rice Pizza Protein Bistro Box Cucumber Slices Garbanzo Beans Fresh Romaine Lettuce Fresh Banana</p> | <p>14 *PIZZA DAY: Kempton & Northmont Bean & Cheese Tamale Pizza Protein Bistro Box Fresh Carrot Sticks Fresh Romaine Lettuce Fresh Farmer Fruit: TBD Mixed Fruit Cocktail</p> | <p>8 Beef Cheeseburger Pizza Protein Bistro Box Pinto Beans Caesar Salad Fresh Celery Sticks Strawberries</p> |
| <p>18 ✓ Nacho Cheese Cup ✓ Tortilla Chips Fresh Carrot Sticks Corn Fresh Romaine Lettuce Fresh Apple</p> | <p>19 Beef Cheeseburger Fresh Jicama Sticks Fresh Romaine Lettuce Diced Pears Fresh Orange Wedges</p> | <p>20 ✓ Macaroni & Cheese Cucumber Slices Garbanzo Beans Fresh Romaine Lettuce Fresh Banana</p> | <p>21 Chicken Nuggets Fresh Carrot Sticks Fresh Romaine Lettuce Fresh Farmer Fruit: TBD Mixed Fruit Cocktail</p> | <p>15 Oven Roasted Chicken Drumstick ✓ Cornbread Muffin Pizza Protein Bistro Box Pinto Beans Caesar Salad Fresh Celery Sticks Strawberries</p> |
| PARENT - TEACHER CONFERENCE WEEK | | | | |
| <p>25 </p> | <p>26 </p> | <p>27 </p> | <p>28 </p> | <p>29 </p> |

LUNCH PRICES:

Student Lunch Price: FREE

Adult Lunch Price: \$4.75
Individual Milk, Fruit, Veg
and/or Juice: \$0.50 each*
Extra Pizza Slice: \$2.00
each
2nd Entree: \$1.50 each

*One Lunch Entree, one Milk, one
Juice & all Fruits and Vegetables
from our salad bar are FREE if
taken as part of a complete lunch
meal. Students will be required to
pay for the purchase of single
items if they are taken without a
taking a complete meal.

Payments: Cash & Check
are accepted in person;
Payments using credit or
debit card can be made
online @
www.schoolcafe.com