

September 2025 - Elementary Breakfast Menu

OFFERED AT BREAKFAST DAILY: Assorted Cereal (2 oz), Assorted 100% Juice (4 oz), NF or 1% White Milk (8 oz)

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 ✓ Whole Grain Bagel ✓ Cream Cheese ✓ Berry Awesome Smoothie Mixed Fruit Cocktail	3 ✓ French Toast Sticks ✓ Yogurt Parfait Fresh Banana	4 ✓ Honey Bun ✓ Berry Awesome Smoothie Applesauce	5 ✓ Chocolate Chip Scone ✓ Yogurt Parfait Fresh Apple Raisins
8 ✓ Pan Dulce Concha ✓ Yogurt Parfait Fresh Apple Raisins	9 ✓ Whole Grain Bagel ✓ Cream Cheese ✓ Berry Awesome Smoothie Mixed Fruit Cocktail	10 ✓ French Toast Sticks ✓ Yogurt Parfait Fresh Banana	11 ✓ Honey Bun ✓ Berry Awesome Smoothie Applesauce	12 ✓ Chocolate Chip Scone ✓ Yogurt Parfait Fresh Apple Raisins
15 ✓ Pan Dulce Concha ✓ Yogurt Parfait Fresh Apple Raisins	16 ✓ Whole Grain Bagel ✓ Cream Cheese ✓ Berry Awesome Smoothie Mixed Fruit Cocktail	17 ✓ French Toast Sticks ✓ Yogurt Parfait Fresh Banana	18 ✓ Honey Bun ✓ Berry Awesome Smoothie Applesauce	19 ✓ Chocolate Chip Scone ✓ Yogurt Parfait Fresh Apple Raisins
22 ✓ Pan Dulce Concha ✓ Yogurt Parfait Fresh Apple Raisins	23 ✓ Whole Grain Bagel ✓ Cream Cheese ✓ Berry Awesome Smoothie Mixed Fruit Cocktail	24 ✓ French Toast Sticks ✓ Yogurt Parfait Fresh Banana	25 ✓ Honey Bun ✓ Berry Awesome Smoothie Applesauce	26 ✓ Chocolate Chip Scone ✓ Yogurt Parfait Fresh Apple Raisins
29 ✓ Pan Dulce Concha ✓ Yogurt Parfait Fresh Apple Raisins	30 ✓ Whole Grain Bagel ✓ Cream Cheese ✓ Berry Awesome Smoothie Mixed Fruit Cocktail	 FEED YOUR CREATIVITY WITH A HEALTHY SCHOOL BREAKFAST		

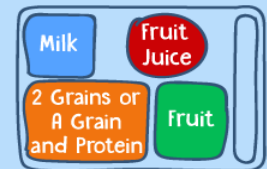
*This institution is an equal opportunity provider.
Menu subject to change without notice.*



Breakfast is FREE for La Mesa-Spring Valley Students Everyday*

***For the meal to be free it must contain 3 food items, 1 of which must be a 1/2 cup serving of fruit. All entrees count as 2 food items.**

What makes a Great Breakfast
Select at least 3 items!



One must be a

