

Elementary Lunch Menu

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
 *PIZZA DAY: Avondale & Sparrow BRUNCH 4 LUNCH ✓WG Maple Waffles Chicken Sausage Turkey Pepperoni Pizza Protein Box Fresh Carrot Sticks Corn Fresh Romaine Lettuce Fresh Apple Mozzarella String Cheese ✓Vanilla Bear Grahams	*PIZZA DAY: Bancroft & Fletcher Hills ✓Cheese Stuffed Breadsticks ✓Marinara Sauce Turkey & Cheese Sandwich Fresh Broccoli Florets Fresh Romaine Lettuce Mixed Fruit Cocktail Fresh Orange Wedges Mozzarella String Cheese	*PIZZA DAY: La Presa Elementary & Lemon Ave Mandarin Orange Chicken ✓Brown Rice Turkey Pepperoni Pizza Protein Box Cucumber Slices Fresh Romaine Lettuce Fresh Banana Diced Peaches ✓Vanilla Bear Grahams	*PIZZA DAY: Rolando & Sweetwater Springs BBQ Beef Rib Sandwich Turkey & Cheese Sandwich Fresh Jicama Sticks Fresh Romaine Lettuce Fruit of the Month: Fresh Red Grapes Applesauce Mozzarella String Cheese	Turkey Taco Nada Turkey Pepperoni Pizza Protein Box Caesar Salad Black Beans Fresh Celery Sticks Fresh Apple Mozzarella String Cheese ✓Vanilla Bear Grahams
*PIZZA DAY: Avondale & Sparrow BRUNCH 4 LUNCH ✓WG Maple Waffles Chicken Sausage Turkey Pepperoni Pizza Protein Box Fresh Carrot Sticks Corn Fresh Romaine Lettuce Fresh Apple Mozzarella String Cheese ✓Vanilla Bear Grahams	*PIZZA DAY: Murdock & Maryland Ave ✓Macaroni & Cheese Turkey & Cheese Sandwich Fresh Broccoli Florets Fresh Romaine Lettuce Mixed Fruit Cocktail Fresh Orange Wedges Mozzarella String Cheese	*PIZZA DAY: Loma & Murray Manor Beef Cheeseburger Turkey Pepperoni Pizza Protein Box Cucumber Slices Fresh Romaine Lettuce Fresh Banana Diced Peaches ✓Vanilla Bear Grahams	*PIZZA DAY: Casa De Oro & La Mesa Dale Oven Roasted Chicken Drumstick Cornbread Loaf Turkey & Cheese Sandwich Fresh Jicama Sticks Fresh Romaine Lettuce Applesauce Fruit of the Month: Fresh Red Grapes Mozzarella String Cheese	Build-Your-Own Taco Bowl Taco Seasoned Beef Crumble ✓Edibowl® Baked Flour Tortilla Bowl Turkey Pepperoni Pizza Protein Box Fresh Romaine Lettuce Black Beans Fresh Celery Sticks Elote Corn Salad Pico De Gallo Fresh Apple Shredded Cheddar Cheese ✓Vanilla Bear Grahams
*PIZZA DAY: Sparrow Academy All Beef Hot Dog Turkey Pepperoni Pizza Protein Box Fresh Carrot Sticks Corn Fresh Romaine Lettuce Fresh Apple Mozzarella String Cheese ✓Vanilla Bear Grahams	*PIZZA DAY: Highlands & Rancho Teriyaki Beef Slam Dunkers ✓Brown Rice Turkey & Cheese Sandwich Fresh Broccoli Florets Fresh Romaine Lettuce Mixed Fruit Cocktail Fresh Orange Wedges Mozzarella String Cheese	*PIZZA DAY: Kempton & Northmont Cheesy Beef Penne Pasta Casserole Turkey Pepperoni Pizza Protein Box Cucumber Slices Fresh Romaine Lettuce Fresh Banana Diced Peaches ✓Vanilla Bear Grahams	*PIZZA DAY: Bancroft & Fletcher Hills ✓NACHOS ✓Jalapeno Sausage Sauce ✓Vegetarian Refried Beans ✓Tortilla Chips Turkey & Cheese Sandwich Fresh Jicama Sticks Fresh Romaine Lettuce Applesauce Fruit of the Month: Fresh Red Grapes Mozzarella String Cheese Turkey & Cheese Sandwich	Chicken Nuggets Turkey Pepperoni Pizza Protein Box Black Beans Caesar Salad Fresh Carrot Sticks Fresh Apple ✓Vanilla Bear Grahams Mozzarella String Cheese
*PIZZA DAY: Sparrow Academy Mini Chicken Corn Dogs Turkey Pepperoni Pizza Protein Box Fresh Carrot Sticks Corn Fresh Romaine Lettuce Fresh Apple ✓Vanilla Bear Grahams Mozzarella String Cheese	*PIZZA DAY: La Presa Elementary & Lemon Ave ✓Cheese Stuffed Breadsticks ✓Marinara Sauce Turkey & Cheese Sandwich Fresh Broccoli Florets Fresh Romaine Lettuce Mixed Fruit Cocktail Fresh Orange Wedges Mozzarella String Cheese	*PIZZA DAY: Rolando & Sweetwater Springs Mandarin Orange Chicken ✓Brown Rice Turkey Pepperoni Pizza Protein Box Cucumber Slices Fresh Romaine Lettuce Fresh Banana Diced Peaches ✓Vanilla Bear Grahams	*PIZZA DAY: Murdock & Maryland Ave BBQ Beef Rib Sandwich Turkey & Cheese Sandwich Fresh Jicama Sticks Fresh Romaine Lettuce Fruit of the Month: Fresh Red Grapes Applesauce Mozzarella String Cheese	Turkey Taco Nada Turkey Pepperoni Pizza Protein Box Black Beans Caesar Salad Fresh Celery Sticks Fresh Apple ✓Vanilla Bear Grahams Mozzarella String Cheese
*PIZZA DAY: Avondale & Sparrow BRUNCH 4 LUNCH ✓WG Maple Waffles Chicken Sausage Turkey Pepperoni Pizza Protein Box Fresh Carrot Sticks Corn Fresh Romaine Lettuce Fresh Apple Mozzarella String Cheese ✓Vanilla Bear Grahams	*PIZZA DAY: Loma & Murray Manor ✓Macaroni & Cheese Turkey & Cheese Sandwich Fresh Broccoli Florets Fresh Romaine Lettuce Mixed Fruit Cocktail Fresh Orange Wedges Mozzarella String Cheese	<i>This institution is an equal opportunity provider. Menu subject to change without notice.</i>		

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

***For the meal to be free it must contain at least 3 of 5 food components, 1 of which must be a 1/2 cup serving of fruits and/or vegetables. All entrees contain at least 2 food components.**

What Makes a Lunch
Select 3-5 Components



One must be a

