

OCTOBER

Elementary Breakfast Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 ✓ Mini Maple Pancakes ✓ Yogurt Parfait Fresh Banana	2 ✓ Honey Bun ✓ Berry Awesome Smoothie Applesauce	3 ✓ Chocolate Chip Scone ✓ Yogurt Parfait Fresh Apple Raisins
6	7	8	9	10
OCTOBER BREAK October 6 - October 17, 2025 School Returns Monday, October 20th.				
13	14	15	16	17
20 ✓ Pan Dulce Concha ✓ Yogurt Parfait Fresh Apple	21 ✓ Whole Grain Bagel ✓ Cream Cheese ✓ Berry Awesome Smoothie Dried Cranberries	22 ✓ Chocolate Chip Scone ✓ Yogurt Parfait Fresh Banana	23 ✓ Honey Bun ✓ Berry Awesome Smoothie Applesauce	24 ✓ Cinnamon Streusel Cowgirl Bread ✓ Yogurt Parfait Blueberries
27 ✓ Pan Dulce Concha ✓ Yogurt Parfait Fresh Apple	28 ✓ Whole Grain Bagel ✓ Cream Cheese ✓ Berry Awesome Smoothie Dried Cranberries	29 ✓ Pumpkin Spice Scone ✓ Yogurt Parfait Fresh Banana	30 ✓ Honey Bun ✓ Berry Awesome Smoothie Applesauce	31 ✓ Cinnamon Streusel Cowgirl Bread ✓ Yogurt Parfait Blueberries

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

*To receive the meal free of charge, students must take a complete meal.

