

OCTOBER

ELEMENTARY LUNCH MENU

OFFERED DAILY @ LUNCH: PBJ Uncrustable, Yogurt w. String Cheese & Grahams, 100% Juice, White or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
		1 *PIZZA DAY: Casa De Oro & La Mesa Dale Beef Cheeseburger Pizza Protein Bistro Box Cucumber Slices Fresh Romaine Lettuce Fresh Banana Diced Peaches	2 *PIZZA DAY: Highlands & Rancho Oven Roasted Chicken Drumstick ✓ Corn Bread Loaf Turkey & Cheese Sandwich on a Hamburger Bun Fresh Jicama Sticks Fresh Romaine Lettuce Applesauce Farmer Fruit: Fruit of the Week	3 BUILD YOUR OWN TACO BOWL Taco Seasoned Beef Crumble ✓ Edibowl® Baked Flour Tortilla Bowl Pizza Protein Bistro Box Black Beans Elote Corn Salad Fresh Romaine Lettuce Fresh Apple Dried Cranberries
6	7	8	9	10
OCTOBER BREAK <i>October 6 - October 17, 2025</i> <i>School Resumes Monday October 20th</i>				
13	14	15	16	17
20 *PIZZA DAY: Sparrow Academy ✓ NACHOS ✓ Nacho Cheese ✓ Vegetarian Refried Beans ✓ Tortilla Chips Fresh Carrot Sticks Corn Fresh Romaine Lettuce Fresh Apple	21 *PIZZA DAY: Kempton & Northmont Chicken Mini Corn Dogs Pizza Protein Bistro Box Fresh Baby Spinach Cherry Tomatoes Dried Cranberries Fresh Orange Wedges	22 *PIZZA DAY: Bancroft & Fletcher Hills Turkey Pepperoni Pizza Pasta Bake Turkey & Cheese Sandwich Black Beans Cucumber Slices Fresh Romaine Lettuce Fresh Banana	23 *PIZZA DAY: La Presa Elementary & Lemon Ave Beef Cheeseburger Pizza Protein Bistro Box Fresh Baby Spinach Green Beans Farmer Fruit: Fruit of the Week Raisins	24 Chicken Nuggets Turkey & Cheese Sandwich Pinto Beans Caesar Salad Fresh Celery Sticks Blueberries
27 *PIZZA DAY: Sparrow Academy Crispy Chicken Sandwich Turkey & Cheese Sandwich Fresh Carrot Sticks Corn Fresh Romaine Lettuce Fresh Apple	28 *PIZZA DAY: Rolando & Sweetwater Springs ✓ Ciabatta Grilled Cheese Sandwich Pizza Protein Bistro Box Fresh Baby Spinach Cherry Tomatoes Dried Cranberries Fresh Orange Wedges	29 *PIZZA DAY: Murdock & Maryland Ave Mandarin Orange Chicken ✓ Brown Rice Turkey & Cheese Sandwich Black Beans Cucumber Slices Fresh Romaine Lettuce Fresh Banana	30 *PIZZA DAY: Loma & Murray Manor All Beef Hot Dog Pizza Protein Bistro Box Green Beans Fresh Baby Spinach Farmer Fruit: Fruit of the Week Raisins	31 Chicken Tamales Turkey & Cheese Sandwich WG Pumpkin Shaped Sugar Cookie Pinto Beans Caesar Salad Fresh Celery Sticks Blueberries

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

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



Menu Subject to Change.

This institution is an equal opportunity provider.