

August 2026

Elementary Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 <i>Breakfast is FREE* for all enrolled La Mesa-Spring Valley students every school day!!</i> *A free Student Breakfast must include 3 Food Items and at least one of the food items taken must be a 1/2 cup serving of Fruit.	4	5	6 ✓ Honey Breakfast Bun Yogurt Parfait with Fruit & Granola Fresh Banana Applesauce FIRST DAY OF SCHOOL	7 ✓ Freshly Baked Croissant ✓ Assorted Jelly Cups Yogurt Parfait with Fruit & Granola Fresh Apple Dried Cranberries
10 Poffitz Pancake Bites Yogurt Parfait with Fruit & Granola Fresh Apple Diced Pears	11 ✓ Whole Grain Bagel ✓ Cream Cheese Yogurt Parfait with Fruit & Granola Fresh Banana Dried Cranberries	12 ✓ Freshly Baked Chocolate Chip Scone Yogurt Parfait with Fruit & Granola Fresh Apple Mixed Fruit Cocktail	13 ✓ Honey Breakfast Bun Yogurt Parfait with Fruit & Granola Fresh Banana Applesauce	14 ✓ Freshly Baked Croissant ✓ Assorted Jelly Cups Yogurt Parfait with Fruit & Granola Fresh Apple Dried Cranberries
17 Poffitz Pancake Bites Yogurt Parfait with Fruit & Granola Fresh Apple Diced Pears	18 ✓ Whole Grain Bagel ✓ Cream Cheese Yogurt Parfait with Fruit & Granola Fresh Banana Dried Cranberries	19 ✓ Freshly Baked Chocolate Chip Scone Yogurt Parfait with Fruit & Granola Fresh Apple Mixed Fruit Cocktail	20 ✓ Honey Breakfast Bun Yogurt Parfait with Fruit & Granola Fresh Banana Applesauce	21 ✓ Freshly Baked Croissant ✓ Assorted Jelly Cups Yogurt Parfait with Fruit & Granola Fresh Apple Dried Cranberries
24 Poffitz Pancake Bites Yogurt Parfait with Fruit & Granola Fresh Apple Diced Pears	25 ✓ Whole Grain Bagel ✓ Cream Cheese Yogurt Parfait with Fruit & Granola Fresh Banana Dried Cranberries	26 ✓ Freshly Baked Chocolate Chip Scone Yogurt Parfait with Fruit & Granola Fresh Apple Mixed Fruit Cocktail	27 ✓ Honey Breakfast Bun Yogurt Parfait with Fruit & Granola Fresh Banana Applesauce	28 ✓ Freshly Baked Croissant ✓ Assorted Jelly Cups Yogurt Parfait with Fruit & Granola Fresh Apple Dried Cranberries
31 Poffitz Pancake Bites Yogurt Parfait with Fruit & Granola Fresh Apple Diced Pears				



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

OFFERED DAILY @ BREAKFAST: Assorted Cereal, 100% Juice & 1% or NF White Milk