

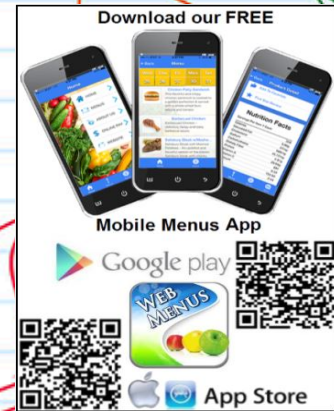
August 2026



Elementary Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Lunch is FREE* for all enrolled La Mesa-Spring Valley students every school day!! *A free Student Lunch must include 3 Food Components and at least one of the food components taken must be a 1/2 cup serving of fruit and/or vegetables	4	5	6 Beef Cheeseburger Sliders Pizza Protein Bistro Box Green Beans Red Bell Pepper Strips Fresh Baby Spinach Applesauce Fresh Banana	7 Twisted Cheese Breadsticks Marinara Sauce Turkey & Cheese Sub Sandwich Black Beans Caesar Salad Fresh Jicama Sticks Fresh Apple Dried Cranberries
10 All Beef Hot Dog Turkey & Cheese Sub Sandwich Baby Carrots Green Beans Fresh Romaine Lettuce Fresh Apple Diced Pears	11 PIZZA DAY: MURDOCK / MARYLAND AVE Brunch 4 Lunch: WG Buttery Maple Waffle Chicken Sausage Patties Pizza Protein Bistro Box Garbanzo Beans Fresh Baby Spinach Cherry Grape Tomatoes Fresh Banana Dried Cranberries	12 PIZZA DAY: LOMA / MURRAY MANOR Cheese Tortellini in Marinara Sauce New York Style WG Garlic Knot Turkey & Cheese Sub Sandwich Corn Cucumber Slices Fresh Romaine Lettuce Fresh Apple Mixed Fruit Cocktail	13 PIZZA DAY: CASA DE ORO / LA MESA DALE Popcorn Chicken Pizza Protein Bistro Box Green Beans Red Bell Pepper Strips Fresh Baby Spinach Applesauce Farm Fresh Fruit of the Week	14 Two Beef Tacos in WG Flour Tortillas Turkey & Cheese Sub Sandwich Shredded Cheddar Cheese Black Beans Fresh Jicama Sticks Pico De Gallo Fresh Romaine Lettuce Fresh Apple Dried Cranberries
17 PIZZA DAY: AVONDALE Macaroni & Cheese Turkey & Cheese Sub Sandwich Baby Carrots Green Beans Fresh Romaine Lettuce Fresh Apple Diced Pears	18 PIZZA DAY: HIGHLANDS / RANCHO BBQ Beef Rib Sandwich Pizza Protein Bistro Box Garbanzo Beans Fresh Baby Spinach Cherry Grape Tomatoes Fresh Banana Dried Cranberries	19 PIZZA DAY: KEMPTON / NORTHMONT Mandarin Orange Chicken with Confetti Brown Rice Turkey & Cheese Sub Sandwich Corn Cucumber Slices Fresh Romaine Lettuce Fresh Apple Mixed Fruit Cocktail	20 PIZZA DAY: BANCROFT / FLETCHER HILLS Fish Tacos Pizza Protein Bistro Box Black Beans Cabbage Slaw Pico De Gallo Red Bell Pepper Strips Applesauce Farm Fresh Fruit of the Week	21 Oven Roasted Chicken Drumstick Honey Whole Wheat Biscuit Turkey & Cheese Sub Sandwich Black Beans Caesar Salad Fresh Jicama Sticks Fresh Apple Dried Cranberries
24 Whole Grain Breaded Chicken Strips Turkey & Cheese Sub Sandwich Baby Carrots Green Beans Fresh Romaine Lettuce Fresh Apple Diced Pears	25 PIZZA DAY: LEMON AVE / LA PRESA ELEM Teriyaki Chicken & Woodles Noodles Pizza Protein Bistro Box Garbanzo Beans Fresh Baby Spinach Cherry Grape Tomatoes Fresh Banana Dried Cranberries	26 PIZZA DAY: ROLANDO / SWEETWATER SPRINGS NACHOS: Jalapeno Cheese Sauce, Vegetarian Refried Beans & WG Tortilla Chips Turkey & Cheese Sub Sandwich Corn Cucumber Slices Fresh Romaine Lettuce Fresh Apple Mixed Fruit Cocktail	27 PIZZA DAY: MURDOCK / MARYLAND AVE Beef Cheeseburger Sliders Pizza Protein Bistro Box Red Bell Pepper Strips Applesauce Farm Fresh Fruit of the Week Green Beans Fresh Baby Spinach	28 Twisted Cheese Breadsticks Marinara Sauce Turkey & Cheese Sub Sandwich Black Beans Caesar Salad Fresh Jicama Sticks Fresh Apple Dried Cranberries
31 All Beef Hot Dog Turkey & Cheese Sub Sandwich Baby Carrots Green Beans Fresh Romaine Lettuce Fresh Apple Diced Pears				



OFFERED DAILY @ LUNCH: PB&J Uncrustables (not available until 8/17) or WOWButter Sandwiches (LMD/MUM Only), Yogurt w. String Cheese & Grahams, 100% Juice, 1% White or NF Chocolate Milk