

Menus for June 2021



La Mesa-Spring Valley
Schools

This institution is an equal opportunity provider. Menus are subject to change.

CURBSIDE CHOW

Grocery packs will be available for all students not returning to in-class learning. See details below.

WHAT

A nutritious variety of ready-to-eat and heat-at-home meals, plus fresh fruit, veggies, milk, and lots more

WHEN

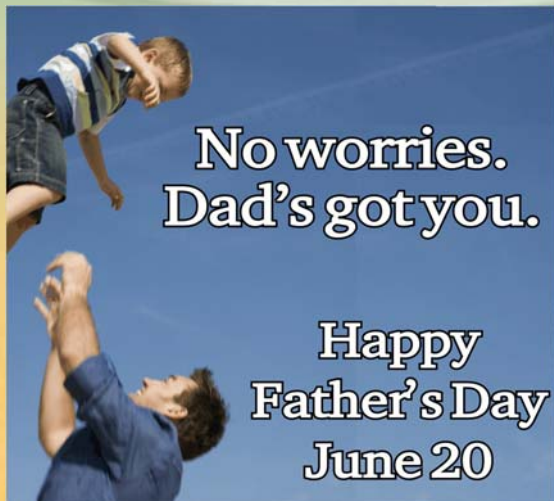
Mondays from 11 a.m. to 1 p.m. June 14th is last day of bags for 20-21 year.

WHERE

All sites, except Fletcher Hills, Lemon Ave., Murdock, and Northmont

?????

Got questions? Call 619-668-5764.



Tuesday, June 1

Breakfast

Whole Grain Honey Bun
Milk, Juice, or Apricots

Lunch

Beef Soft Tacos
Turkey & Cheese Sub
Fruit & Vegetables
Milk

Pizza: Avondale & Northmont

Wednesday, June 2

Breakfast

Whole Grain Lemon Loaf
Milk, Juice, or Petite Banana

Lunch

Breaded Chicken
PBJ Sandwich
Fruit & Vegetables
Milk

Pizza: Casa De Oro & Murdock

Thursday, June 3

Breakfast

Whole Grain Bagel w/Cream
Cheese
Milk, Juice, or Blueberries

Lunch

Crispy Chicken Sandwich
Yogurt w/Graham Crackers
Fruit & Vegetables
Milk

Pizza: Bancroft & Fletcher Hills

Friday, June 4

Breakfast

Benefit Bar
Milk, Juice, or Fruit

Lunch

Chicken Quesadilla
PBJ Sandwich
Fruit & Vegetables
Milk

Monday, June 7

Breakfast

Whole Grain Muffin
Milk, Juice, or Apple

Lunch

Teriyaki Dunkers w/Roll
Yogurt w/Graham Crackers
Fruit & Vegetables
Milk

Tuesday, June 8

Breakfast

Whole Grain Honey Bun
Milk, Juice, or Apricots

Lunch

Popcorn Chicken
Turkey & Cheese Sub
Fruit & Vegetables
Milk

Pizza: Highlands & Kempton

Wednesday, June 9

Breakfast

Whole Grain Lemon Loaf
Milk, Juice, or Petite Banana

Lunch

Orange Chicken
w/Brown Rice
PBJ Sandwich
Fruit, Vegetables
Milk

Pizza: La Mesa Dale & Lemon Ave.

Thursday, June 10

Breakfast

Whole Grain Bagel w/Cream
Cheese
Milk, Juice, or Blueberries

Lunch

All Beef Hot Dog
Yogurt w/Graham Crackers
Fruit & Vegetables
Milk

Pizza: La Presa Elem. & La Mesa Dale

Friday, June 11

Breakfast

Benefit Bar
Milk, Juice, or Fruit

Lunch

Chicken Soft Tacos
PBJ Sandwich
Fruit & Vegetables
Milk

Monday, June 14

Breakfast

Whole Grain Muffin
Milk, Juice, or Apple

Lunch

Grilled Bean & Cheese Burrito
PBJ Sandwich
Fruit & Vegetables
Milk

Tuesday, June 15

Breakfast

Whole Grain Honey Bun
Milk, Juice, or Apricots

Lunch

Chicken Nuggets
PBJ Sandwich
Fruit & Vegetables
Milk

Pizza: Rolando & Sweetwater Springs

Wednesday, June 16

Breakfast

Whole Grain Lemon Loaf
Milk, Juice, or Petite Banana

Lunch

Orange Chicken
w/Brown Rice
PBJ Sandwich
Fruit & Vegetables
Milk

Pizza: Loma & Murray Manor

Thursday, June 17

Breakfast

Whole Grain Bagel w/ Cream
Cheese
Milk, Juice, or Blueberries

Lunch

Crispy Chicken Sandwich
PBJ Sandwich
Fruit & Vegetables
Milk

Pizza: Rancho

Friday, June 18

Breakfast

Benefit Bar
Milk, Juice, or Fruit

Lunch

Homemade Quesadilla
PBJ Sandwich
Whole Fruit
Milk