

LA MESA-SPRING VALLEY SCHOOL DISTRICT

SUMMER 2026 EGG FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE 22 / JULY 6 / JULY 20	JUNE 23 / JULY 7 / JULY 21	JUNE 24 / JULY 8 / JULY 22	JUNE 25 / JULY 9 / JULY 23	JUNE 26 / JULY 10 / JULY 24
Beef Cheeseburger Sliders (1 pkg)	Turkey Taco Nada (1 each)	Cheese Tortellini (4 oz) (no Garlic Knot)	Chicken Nuggets (5 each) or Popcorn Chicken (12 pieces)	Chicken Nuggets (5 each) or Popcorn Chicken (12 pieces)
LF Yogurt (4 oz), String Cheese (1 ea) & Maple Bites 2 oz (1 pkg)	LF Yogurt (4 oz), String Cheese (1 ea) & Maple Bites 2 oz (1 pkg)	LF Yogurt (4 oz), String Cheese (1 ea) & Maple Bites 2 oz (1 pkg)	LF Yogurt (4 oz), String Cheese (1 ea) & Maple Bites 2 oz (1 pkg)	LF Yogurt (4 oz), String Cheese (1 ea) & Maple Bites 2 oz (1 pkg)
PBJ Uncrustable*	PBJ Uncrustable*	PBJ Uncrustable*	PBJ Uncrustable*	PBJ Uncrustable*
Romaine Lettuce, Garbanzo Beans, Sliced Peaches or Frozen Peach Cup, Fuji Apple, 100% Juice	Romaine Lettuce, Carrot Sticks, Applesauce, Fresh Banana, 100% Juice	Romaine Lettuce, Corn, Diced Pears, Fresh Apple, 100% Juice	Romaine Lettuce, Carrot Sticks, Applesauce, Fresh Banana, 100% Juice	Romaine Lettuce, Green Beans, Dried Cranberries, Fuji Apple, 100% Juice
1% White or NF Chocolate Milk	1% White or NF Chocolate Milk	1% White or NF Chocolate Milk	1% White or NF Chocolate Milk	1% White or NF Chocolate Milk
JUNE 29 / JULY 13 / JULY 27	JUNE 30 / JULY 14 JULY 28	JULY 1 / JULY 15 / JULY 29	JULY 2 / JULY 16 / JULY 30	JULY 3 (CLOSED) / JULY 17 / JULY 31
Chicken Nuggets (5 each) or Popcorn Chicken (12 pieces)	Twisted Cheese Breadsticks (2 ea) w. Marinara Sauce	Beef & Cheese Taquitos (2 each)	Chicken Nuggets (5 each) or Popcorn Chicken (12 pieces)	Chicken Nuggets (5 each) or Popcorn Chicken (12 pieces)
LF Yogurt (4 oz), String Cheese (1 ea) & Maple Bites 2 oz (1 pkg)	LF Yogurt (4 oz), String Cheese (1 ea) & Maple Bites 2 oz (1 pkg)	LF Yogurt (4 oz), String Cheese (1 ea) & Maple Bites 2 oz (1 pkg)	LF Yogurt (4 oz), String Cheese (1 ea) & Maple Bites 2 oz (1 pkg)	LF Yogurt (4 oz), String Cheese (1 ea) & Maple Bites 2 oz (1 pkg)
PBJ Uncrustable*	PBJ Uncrustable*	PBJ Uncrustable*	PBJ Uncrustable*	PBJ Uncrustable*
Romaine Lettuce, Garbanzo Beans, Sliced Peaches or Frozen Peach Cup, Fuji Apple, 100% Juice	Romaine Lettuce, Carrot Sticks, Applesauce, Fresh Banana, 100% Juice	Romaine Lettuce, Corn, Diced Pears, Fresh Apple, 100% Juice	Romaine Lettuce, Carrot Sticks, Applesauce, Fresh Banana, 100% Juice	Romaine Lettuce, Green Beans, Dried Cranberries, Fuji Apple, 100% Juice
1% White or NF Chocolate Milk	1% White or NF Chocolate Milk	1% White or NF Chocolate Milk	1% White or NF Chocolate Milk	1% White or NF Chocolate Milk

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. MENU SUBJECT TO CHANGE WITHOUT NOTICE.

BBQ Day Menu

Cheeseburger or Hot Dog on a GF Bun

Fresh Watermelon

Plus items daily salad bar items, juice, and milk.

BBQ Day Schedule:

July 1: Rancho / Spring Valley Academy

July 28: La Mesa Dale / Lemon Ave

July 29: Bancroft / Casa De Oro

July 30: Northmont / Murray Manor

July 31: Spring Valley Academy / STEAM Academy