

LA MESA-SPRING VALLEY SCHOOL DISTRICT

SUMMER 2026 GLUTEN FREE LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GF Cheese Pizza (1 each)	GF Cheese Pizza (1 each)	GF Cheese Pizza (1 each)	GF Cheese Pizza (1 each)	GF Cheese Pizza (1 each)
LF Yogurt (4 oz), String Cheese (1 ea) & GF Bagel (1 ea)	LF Yogurt (4 oz), String Cheese (1 ea) & GF Bagel (1 ea)	LF Yogurt (4 oz), String Cheese (1 ea) & GF Bagel (1 ea)	LF Yogurt (4 oz), String Cheese (1 ea) & GF Bagel (1 ea)	LF Yogurt (4 oz), String Cheese (1 ea) & GF Bagel (1 ea)
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, Sliced Cucumbers, Mixed Fruit, 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