


OCTOBER

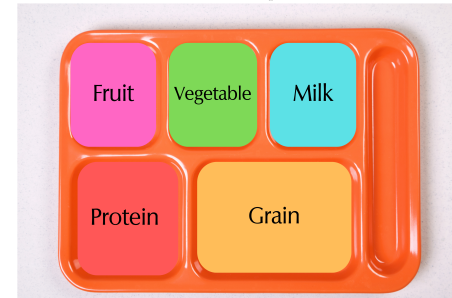
La Mesa-Spring Valley School District Elementary School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 ✓ Berry Awesome Smoothie ✓ Honey Bun Fresh Apple Blueberries	2 ✓ Chocolate Chip Scone ✓ Yogurt Parfait Fresh Banana	3 ✓ Bagel with Cream Cheese ✓ Berry Awesome Smoothie Applesauce	4 ✓ Blueberry Bread ✓ Yogurt Parfait Diced Pears
OFFERED DAILY: Assorted Cereal, 100% Juice Assorted Varieties, Non-Fat White Milk, 1% White Milk				



OCTOBER BREAK
 October 7 - October 18,
 2024
 School Resumes Monday October 21,
 2024

Join Our Team!
 Looking for a part-time or on-call job that allows you to be home when your family needs you there? Join our team in a school cafeteria. Please call 619-668-5764 for more information!
 To apply for a substitute position [CLICK HERE](#)

What Makes a Complete Breakfast?



*The Protein & Vegetable Groups are optional at Breakfast and may not be available
 Take at least 3 food items. At least 1 of the items has to be a 1/2 cup serving of a Fruit, Juice, or Vegetable.
 Most Entrees count as 2 items!!

OFFERED DAILY: Assorted Cereal, 100% Juice Assorted Varieties, Non-Fat White Milk, 1% White Milk				
21 ✓ Nutri Grain Bar WG Strawberry Pop Tart ✓ Yogurt Parfait Fresh Apple	22 ✓ Berry Awesome Smoothie ✓ Honey Bun ✓ Pan Dulce Concha Fresh Apple Blueberries	23 ✓ Chocolate Chip Scone ✓ Yogurt Parfait Fresh Banana	24 ✓ Bagel with Cream Cheese ✓ Berry Awesome Smoothie Applesauce	25 ✓ Blueberry Bread ✓ Yogurt Parfait Mixed Fruit Cocktail
28 ✓ Nutri Grain Bar WG Strawberry Pop Tart ✓ Yogurt Parfait Fresh Apple	29 ✓ Cinnamon Overnight Oats ✓ Honey Bun ✓ Pan Dulce Concha Fresh Apple Blueberries	30 ✓ Chocolate Chip Scone ✓ Yogurt Parfait Fresh Banana	31 ✓ Bagel with Cream Cheese ✓ Candy Corn Yogurt Parfait Applesauce  HAPPY HALLOWEEN!	

BREAKFAST PRICES:
Student Breakfast Price: FREE
 Adult Breakfast Price: \$2.75
 Individual Milk, Fruit and/or Juice: \$0.50 each
 2nd Entree: \$1.00 each
***One Breakfast Entree, one Milk, one Juice & all fruit from our salad bar are FREE if taken as part of a complete breakfast meal. Students will be required to pay for the purchase of single items if they are taken without a taking a complete meal.**
 Payments: Cash & Check are accepted in person; Payments using credit or debit card can be made online @ www.schoolcafe.com

This institution is an equal opportunity provider.
 Menu Subject to Change without Notice.

October 29th is National Oatmeal Day! Come try our NEW Cinnamon Overnight Oats!