

OCTOBER

La Mesa-Spring Valley School District Elementary School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
	1 *PIZZA DAY: Casa De Oro & Murdock BBQ Beef Rib Sandwich Cherry Tomatoes Fresh Romaine Lettuce Green Beans Fresh Orange Wedges	2 *PIZZA DAY: Rolando & Sweetwater Springs Cheesy Beef Lasagna with a Breadstick Cucumber Slices Fresh Romaine Lettuce Garbanzo Beans Fresh Banana	3 *PIZZA DAY: La Presa Elem & Maryland Ave Nachos (Cheese, Refried Beans & Tortilla Chips) Applesauce Fresh Carrot Sticks Fresh Romaine Lettuce Farm Fresh Fruit: Emerald Beaut Plum	4 Chicken Nuggets Fresh Celery Sticks Fresh Romaine Lettuce Diced Pears 	
ENTREES OFFERED DAILY: PB&J Uncrustable (WOWButter & Jelly available at La Mesa Dale/Murray Manor/Sparrow), Lowfat Yogurt with Grahams					
SIDES OFFERED DAILY: String Cheese, Whole Wheat Roll, 100% Fruit Juice Assorted Varieties, 1% White Milk, Non Fat Chocolate Milk					
<h2 style="text-align: center;">OCTOBER BREAK</h2> <h3 style="text-align: center;">October 7 - October 18, 2024</h3> <p style="text-align: center;">School Resumes Monday October 21, 2024</p>		<h3 style="text-align: center;">Join Our Team!</h3> <p>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!</p> <p>To apply for a substitute position CLICK HERE</p>			<p style="text-align: center;"><i>What Makes a Lunch</i></p> <p style="text-align: center;">Select 3-5 Components</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: #ADD8E6;">Milk</div> <div style="border: 1px solid black; padding: 5px; background-color: #FF8C00;">Grain</div> <div style="border: 1px solid black; padding: 5px; background-color: #DC143C;">Fruit</div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;"> <div style="border: 1px solid black; padding: 5px; background-color: #3CB371;">Veggies</div> <div style="border: 1px solid black; padding: 5px; background-color: #483D8B;">Protein</div> </div> <p style="text-align: center; margin-top: 10px;">One must be a</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 5px; background-color: #DC143C;">Fruit</div> <div style="font-size: 2em; margin: 0 10px;">AND/OR</div> <div style="border: 1px solid black; padding: 5px; background-color: #3CB371;">Veggies</div> </div>
21 *PIZZA DAY: Sparrow Academy Chicken Nuggets Fresh Carrot Sticks Fresh Romaine Lettuce Corn Fresh Apple	22 *PIZZA DAY: Loma & Murray Manor Beef Cheeseburger Pizza Protein Bistro Box Cherry Tomatoes Fresh Romaine Lettuce Green Beans Fresh Orange Wedges	23 *PIZZA DAY: La Mesa Dale & Lemon Ave Mandarin Orange Chicken with Brown Rice Cucumber Slices Fresh Romaine Lettuce Fresh Banana Pinto Beans	24 *PIZZA DAY: Highlands & Rancho BBQ Beef Rib Sandwich Applesauce Fresh Carrot Sticks Fresh Romaine Lettuce Farm Fresh Fruit: TBD	25 Macaroni Cheese Fresh Celery Sticks Fresh Romaine Lettuce Mixed Fruit Cocktail 	
28 *PIZZA DAY: Avondale & Sparrow Bean & Cheese Burrito Turkey & Cheese Sub Fresh Carrot Sticks Fresh Romaine Lettuce Corn Fresh Apple	29 *PIZZA DAY: Kempton & Northmont Organic Oven Roasted Chicken Drumstick with Cornbread Muffin Cherry Tomatoes Fresh Romaine Lettuce Green Beans Fresh Orange Wedges	30 *PIZZA DAY: Bancroft & Fletcher Hills Cheesy Beef Lasagna with a Breadstick Cucumber Slices Fresh Romaine Lettuce Fresh Banana Pinto Beans	31 *PIZZA DAY: Casa De Oro & Murdock Jack O' Lantern Cheeseburger Spooky Bat Chicken Nuggets Applesauce Fresh Carrot Sticks Fresh Romaine Lettuce Farm Fresh Fruit: TBD Pumpkin Cookie 		
ENTREES OFFERED DAILY: PB&J Uncrustable (WOWButter & Jelly available at La Mesa Dale/Murray Manor/Sparrow), Lowfat Yogurt with Grahams					
SIDES OFFERED DAILY: String Cheese, Whole Wheat Roll, 100% Fruit Juice Assorted Varieties, 1% White Milk, Non Fat Chocolate Milk					

LUNCH PRICES:

Student Lunch Price: FREE

Adult Lunch Price: \$4.75

Individual Milk, Fruit, Veg and/or Juice: \$0.50 each*

Extra Pizza Slice: \$2.00 each

2nd Entree: \$1.50 each

*One Lunch Entree, one Milk, one Juice & all Fruits and Vegetables from our salad bar are FREE if taken as part of a complete lunch 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.