

La Mesa-Spring Valley Schools

December 2024

Elementary Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
2 *PIZZA DAY: Avondale & Sparrow ✓Nacho Cheese Sauce ✓with Refried Beans and Tortilla Chips Pizza Protein Bistro Box Fresh Carrot Sticks Corn Fresh Romaine Lettuce Fresh Apple	3 *PIZZA DAY: Bancroft & Fletcher Hills Chicken Corn Dog Turkey Cheese Sub Fresh Jicama Sticks Fresh Romaine Lettuce Diced Pears Fresh Orange Wedges	4 *PIZZA DAY: Casa De Oro & Murdock Teriyaki Beef & Broccoli ✓with Brown Rice Pizza Protein Bistro Box Cucumber Slices Garbanzo Beans Fresh Romaine Lettuce Fresh Banana	5 *PIZZA DAY: Rolando & Sweetwater Springs ✓Bean Cheese Burrito Pizza Protein Bistro Box Fresh Carrot Sticks Fresh Romaine Lettuce Farmer Fruit: TBD Mixed Fruit Cocktail	6 Roasted Chicken Drumstick Pizza Protein Bistro Box ✓with Texas Toast Pinto Beans Caesar Salad Fresh Celery Sticks Strawberries	
9 *PIZZA DAY: Sparrow Academy Chicken Nuggets Pizza Protein Bistro Box Fresh Carrot Sticks Corn Fresh Romaine Lettuce Fresh Apple	10 *PIZZA DAY: La Presa Elem & Maryland Ave ✓Easy Peasy Cheesy Breadsticks ✓with Marinara Sauce Pizza Protein Bistro Box Fresh Jicama Sticks Fresh Romaine Lettuce Diced Pears Fresh Orange Wedges	11 *PIZZA DAY: Loma & Murray Manor Mandarin Orange Chicken ✓with Brown Rice Pizza Protein Bistro Box Cucumber Slices Garbanzo Beans Fresh Romaine Lettuce Fresh Banana	12 *PIZZA DAY: La Mesa Dale & Lemon Ave Pepperoni Pasta Bake Turkey Cheese Sub Fresh Carrot Sticks Fresh Romaine Lettuce Farmer Fruit: TBD Mixed Fruit Cocktail	13 Beef Cheeseburger Pizza Protein Bistro Box Pinto Beans Caesar Salad Fresh Celery Sticks Strawberries	
16 *PIZZA DAY: Sparrow Academy ✓Nacho Cheese Sauce ✓with Refried Beans and Tortilla Chips Pizza Protein Bistro Box Fresh Carrot Sticks Corn Fresh Romaine Lettuce Fresh Apple	17 *PIZZA DAY: Highlands & Rancho Chicken Corn Dog Turkey Cheese Sub Fresh Jicama Sticks Fresh Romaine Lettuce Diced Pears Fresh Orange Wedges	18 *PIZZA DAY: Kempton & Northmont Teriyaki Beef & Broccoli ✓with Brown Rice Pizza Protein Bistro Box Christmas Tree Cookie Cucumber Slices Garbanzo Beans Fresh Romaine Lettuce Fresh Banana	19 *PIZZA DAY: Avondale & Sparrow ✓Bean Cheese Burrito Pizza Protein Bistro Box Fresh Carrot Sticks Fresh Romaine Lettuce Farmer Fruit: TBD Mixed Fruit Cocktail	20 	
23 	24 	25 	26 	27 	
30 	31 	  <p>Sign up for Email Menus Here</p>  <p>Download our FREE Mobile Menu App Google play App Store</p>			

WHAT MAKES A HEALTHY LUNCH?

[Select 3-5 Components]



must include a Fruit OR Vegetable
(some foods may equal 2 components)

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