



## BREAKFAST

# OCTOBER 2026

## Emery Park Elementary School

Alhambra Unified School District



Monday

Tuesday

Wednesday

Thursday

Friday

5

No menu published

6

No menu published

7

No menu published

8

No menu published

9

No menu published

12

No menu published

13

No menu published

14

No menu published

15

No menu published

16

No menu published

19

**GLAZED BREAKFAST BUN** 270 cal  
 Assorted Cereal 210 cal  
 Dried Cranberries 267 cal

20

**SAUSAGE BREAKFAST PIZZA** 210 cal  
 Cinnamon Crumble 341 cal  
 Orange Juice (2 x 4oz) 114 cal

21

**TURKEY BACON, CHEESE OMELET & MINI WAFFLES** 282 cal  
 Assorted Cereal 210 cal  
 Raisins 240 cal

22

**MINI CHOCOLATE COVERED DONUT** 390 cal  
 Breakfast Croissant w/Turkey Ham & Swiss 300 cal  
 Fresh Apple 72 cal

23

**YOGURT PARFAIT & GRANOLA** 284 cal  
 Sweet Cinnamon Waffle 250 cal  
 Ripe Banana 210 cal

26

**PUPIL FREE DAY**

27

**PUPIL FREE DAY**

28

**TURKEY BACON, CHEESE OMELET & MINI WAFFLES** 282 cal  
 Assorted Cereal 210 cal  
 Raisins 240 cal

29

**CHOCOLATE CHIP SCONE** 273 cal  
 Pancake Wrapped Sausage 180 cal  
 Fresh Apple 72 cal

30

**AUSD BIGGER BETTER BREAKFAST** 474 cal  
 Pumpkin Spice Pan Dulce 230 cal  
 Ripe Banana 210 cal

Menu data from Alhambra Unified School District, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Alhambra Unified School District publishes them.

MealViewer