



LUNCH

OCTOBER 2026

Emery Park Elementary School

Alhambra Unified School District



Monday

Tuesday

Wednesday

Thursday

Friday

1

No menu published

2

No menu published

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

WEDGE SANDWICH CHICKEN, TURK HAM, CHEESE 270 cal
 Crispy Chicken Nuggets 180 cal
 Tater Tots 170 cal
 Carrot Sticks 100 cal
 Fresh Apple 72 cal

20

BEEF SOFT TACOS W/ ULTRA GRAIN TORTILLAS 315 cal
 Birria & Cheese Pupusa 310 cal
 Shredded Lettuce & Sliced Tomatoes & Cucumber 25 cal
 Pinto Beans 111 cal
 Fresh Orange 62 cal

21

KOREAN BEEF BOWL 289 cal
 Chipotle Chicken Salad 716 cal
 Jicama Sticks 23 cal
 Carrot Sticks 50 cal
 Fresh Apple 72 cal
 Buttermilk Ranch 15 cal

22

TURKEY HOT DOG 292 cal
 Grilled Cheese Sandwich 317 cal
 Vegetarian Beans 220 cal
 Carrot Sticks 50 cal
 Diced Pears 80 cal
 Buttermilk Ranch 15 cal

23

DETROIT CHEESE PIZZA 370 cal
 Parmesan Chicken Salad 602 cal
 Celery Sticks 8 cal
 Sliced Cucumbers 8 cal
 Cheddar & Sour Cream Chips 100 cal
 Ripe Banana 105 cal
 Buttermilk Ranch 15 cal

26

PUPIL FREE DAY

27

PUPIL FREE DAY

28

WEDGE SANDWICH CHICKEN, TURK HAM, CHEESE 270 cal
 Rotini & Meat Sauce 367 cal
 Celery Sticks 17 cal
 Strawberry Craisins 110 cal
 Buttermilk Ranch 15 cal

29

CHEESEBURGER 353 cal
 Parmesan Chicken Salad 602 cal
 Shredded Lettuce & Sliced Tomatoes & Cucumber 25 cal
 Jicama Sticks 23 cal
 Fresh Orange 62 cal
 Buttermilk Ranch 15 cal

30

CRISPY CHICKEN NUGGETS 180 cal
 Chinese Chicken Salad 461 cal
 Celery Sticks 8 cal
 Sliced Cucumbers 8 cal
 BBQ Lay's Chips 109 cal
 Ripe Banana 105 cal
 Buttermilk Ranch 15 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