



## LUNCH

# OCTOBER 2026

## Fremont 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

**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