



BREAKFAST OCTOBER 2026

Lift
Alhambra Unified School District



Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
No menu published		No menu published		No menu published		No menu published		No menu published	
5		6		7		8		9	
No menu published		No menu published		No menu published		No menu published		No menu published	
12		13		14		15		16	
No menu published		No menu published		No menu published		No menu published		No menu published	
19		20		21		22		23	
CHOCOLATE CHIP MUFFIN 227 cal Fresh Apple 72 cal Raisins 120 cal		PUMPKIN SPICE PAN DULCE 230 cal Applesauce Cup 48 cal Mountain Quest Dry Fruit 120 cal		YOGURT PARFAIT & GRANOLA 275 cal Fresh Orange 62 cal Craisins Original 134 cal		MINI CHOCOLATE COVERED DONUT 390 cal Peach Fruit Cup 70 cal Orange Juice 57 cal		ASSORTED CEREAL 210 cal Ripe Banana 105 cal Fresh Apple 72 cal	
26		27		28		29		30	
PUPIL FREE DAY		PUPIL FREE DAY		PB&J SANDWICH 300 cal Fresh Orange 62 cal Craisins Original 134 cal		RASPBERRY SQUARE 260 cal Orange Juice 57 cal Fresh Apple 72 cal		ASSORTED CEREAL 210 cal Ripe Banana 105 cal Fresh Apple 72 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