



BREAKFAST OCTOBER 2026

Mark Keppel High 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

**BREAKFAST BURRITO
TURKEY SAUSAGE, EGG,
CHEESE** 362 cal
Sausage Breakfast 210 cal
Pizza
Raspberry Square 260 cal
Mini Chocolate Covered
Donut 390 cal
Glazed Breakfast Bun 270 cal
Yogurt Parfait &
Granola 275 cal

20

**BACON, EGG & CHEESE
CROISSANT** 313 cal
Chorizo & Cheese
Bolillo 181 cal
Vanilla Breakfast
Square 260 cal
Mini Powdered
Donuts 280 cal
Chocolate Chip
Muffin 227 cal
Tater Tots 170 cal

21

**SAUSAGE, EGG & CHEESE
MUFFIN** 390 cal
Egg Bites & Waffle 407 cal
Raspberry Square 260 cal
Mini Chocolate Covered
Donut 390 cal
Assorted Conchas 200 cal
Yogurt Parfait &
Granola 275 cal

22

**BACON, EGG & CHEESE
CROISSANT** 313 cal
Sausage Breakfast 210 cal
Pizza
Vanilla Breakfast
Square 260 cal
Mini Powdered
Donuts 280 cal
Chocolate Chip
Muffin 227 cal
Glazed Breakfast Bun 270 cal
Yogurt Parfait &
Granola 275 cal

23

**BREAKFAST BURRITO
TURKEY SAUSAGE, EGG,
CHEESE** 362 cal
Chorizo & Cheese
Bolillo 181 cal
Raspberry Square 260 cal
Mini Chocolate Covered
Donut 390 cal
Chocolate Chip
Muffin 227 cal
Tater Tots 170 cal

26

PUPIL FREE DAY

27

**BACON, EGG & CHEESE
CROISSANT** 313 cal
Chorizo & Cheese
Bolillo 181 cal
Vanilla Breakfast
Square 260 cal
Mini Powdered
Donuts 280 cal
Chocolate Chip
Muffin 227 cal
Tater Tots 170 cal

28

**SAUSAGE, EGG & CHEESE
MUFFIN** 390 cal
Egg Bites & Waffle 407 cal
Raspberry Square 260 cal
Mini Chocolate Covered
Donut 390 cal
Assorted Conchas 200 cal
Yogurt Parfait &
Granola 275 cal

29

**BACON, EGG & CHEESE
CROISSANT** 313 cal
Sausage Breakfast 210 cal
Pizza
Vanilla Breakfast
Square 260 cal
Mini Powdered
Donuts 280 cal
Chocolate Chip
Muffin 227 cal
Glazed Breakfast Bun 270 cal
Yogurt Parfait &
Granola 275 cal

30

**BREAKFAST BURRITO
TURKEY SAUSAGE, EGG,
CHEESE** 362 cal
Chorizo & Cheese
Bolillo 181 cal
Raspberry Square 260 cal
Mini Chocolate Covered
Donut 390 cal
Chocolate Chip
Muffin 227 cal
Tater Tots 170 cal

Served every day:

🍞 PB&J Sandwich · 🥣 Assorted Cereal · 🍏 Fresh Apple · 🍊 Fresh Orange · 🍌 Ripe Banana · 🍹 Orange Juice

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