



LUNCH 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 ORANGE CHICKEN FRIED RICE BOWL 326 cal All Beef hot dog 312 cal Teriyaki Grilled Chicken Sandwich 319 cal Cheeseburger 353 cal Black Bean Burger 345 cal Carrot Sticks 50 cal Sliced Cucumbers 8 cal Sweet Corn 82 cal Fudge Brownie 160 cal Fresh Apple 72 cal Orange Juice 57 cal Raisins 120 cal	20 BEEF NACHOS 571 cal Chinese Chicken Salad 461 cal Cheese burger w/Lettuce & Tomato 336 cal AUSD Fiesta Baked Potato 645 cal AUSD Loaded Broccoli & Cheddar Potato 676 cal Pico De Gallo 23 cal Black Bean & Corn Salsa 86 cal Tortilla Chips 280 cal Ripe Banana 105 cal Fresh Orange 62 cal Mountain Quest Dry Fruit 120 cal	21 KOREAN WINGS W/ FRIES 538 cal Spicy Tuna Sushi Roll 564 cal Cheeseburger 353 cal Black Bean Burger 345 cal Carrot Sticks 50 cal Asian Cole slaw 125 cal Cornbread Muffin 190 cal Fresh Apple 72 cal Orange Juice 57 cal Strawberry Craisins 110 cal	22 ROTINI & MEAT SAUCE 367 cal Sichuan Chicken Rice Bowl 571 cal Chicken Caesar Salad 409 cal Cheese burger w/Lettuce & Tomato 336 cal Tofu Curry & Rice 530 cal Sliced Cucumbers 8 cal Black Bean & Corn Salsa 86 cal Creamy Cole Slaw 60 cal Ripe Banana 105 cal Fresh Orange 62 cal Mountain Quest Dry Fruit 120 cal Garlic Texas Toast 100 cal	23 CHEESEBURGER 353 cal Fish Sandwich 340 cal Buffalo Wings & Tots 516 cal Veggie Nuggets with tots 481 cal Spicy Tuna Sushi Roll 564 cal Black Bean Burger 345 cal Carrot Sticks 50 cal Pico De Gallo 23 cal Tortilla Chips 280 cal Fresh Apple 72 cal Orange Juice 57 cal Raisins 120 cal
26 No menu published	27 BEEF NACHOS 571 cal Chinese Chicken Salad 461 cal Cheese burger w/Lettuce & Tomato 336 cal AUSD Fiesta Baked Potato 645 cal AUSD Loaded Broccoli & Cheddar Potato 676 cal Pico De Gallo 23 cal Black Bean & Corn Salsa 86 cal Tortilla Chips 280 cal Ripe Banana 105 cal Fresh Orange 62 cal Mountain Quest Dry Fruit 120 cal	28 KOREAN WINGS W/ FRIES 538 cal Spicy Tuna Sushi Roll 564 cal Cheeseburger 353 cal Black Bean Burger 345 cal Carrot Sticks 50 cal Asian Cole slaw 125 cal Cornbread Muffin 190 cal Fresh Apple 72 cal Orange Juice 57 cal Strawberry Craisins 110 cal	29 ROTINI & MEAT SAUCE 367 cal Sichuan Chicken Rice Bowl 571 cal Chicken Caesar Salad 409 cal Cheese burger w/Lettuce & Tomato 336 cal Tofu Curry & Rice 530 cal Sliced Cucumbers 8 cal Black Bean & Corn Salsa 86 cal Creamy Cole Slaw 60 cal Ripe Banana 105 cal Fresh Orange 62 cal Mountain Quest Dry Fruit 120 cal Garlic Texas Toast 100 cal	30 CHEESEBURGER 353 cal Fish Sandwich 340 cal Buffalo Wings & Tots 516 cal Veggie Nuggets with tots 481 cal Spicy Tuna Sushi Roll 564 cal Black Bean Burger 345 cal Carrot Sticks 50 cal Pico De Gallo 23 cal Tortilla Chips 280 cal Fresh Apple 72 cal Orange Juice 57 cal Raisins 120 cal

Served every day:

Detroit Cheese Pizza · Detroit Pepperoni Pizza · Spicy Chicken Breast Sandwich · Lettuce, Tomatoes & Onion · Garden Salad

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.