



# SUPPER OCTOBER 2026

## Mark Keppel High School

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                                                                                                                |  |
| <b>CARROT STICKS</b> 50 cal<br>Tortilla Chips 280 cal<br>Fresh Apple 72 cal<br>1% Milk 120 cal<br>Non-Fat Milk 90 cal<br>Nacho Cheese Cup 190 cal |  | <b>CHICKEN &amp; CHEESE TAMALE</b> 343 cal<br>Gold Rush Juice 80 cal<br>Raisins 240 cal |  | <b>PENNE W/ BEEF &amp; CHEESE</b> 380 cal<br>Celery Sticks 17 cal<br>Dried Cranberries 267 cal<br>Buttermilk Ranch 15 cal |  | <b>ORANGE CHICKEN W/RICE</b> 350 cal<br>Fresh Broccoli, 1c 30 cal<br>Apple Juice 110 cal<br>Buttermilk Ranch 15 cal                      |  | <b>BAGEL &amp; CREAM CHEESE</b> 338 cal<br>Carrot Sticks 100 cal<br>Fresh Apple 72 cal<br>Buttermilk Ranch 15 cal |  |
| 26                                                                                                                                                |  | 27                                                                                      |  | 28                                                                                                                        |  | 29                                                                                                                                       |  | 30                                                                                                                |  |
| <b>PUPIL FREE DAY</b>                                                                                                                             |  | <b>PUPIL FREE DAY</b>                                                                   |  | <b>TACO STICK</b> 345 cal<br>Carrot Sticks 100 cal<br>Fresh Orange 62 cal<br>Buttermilk Ranch 15 cal                      |  | <b>BBQ BEEF RIB PATTY SANDWICH</b> 271 cal<br>Fresh Broccoli, 1c 30 cal<br>Apple Juice 110 cal<br>1% Milk 120 cal<br>Non-Fat Milk 90 cal |  | <b>CARROT STICKS</b> 100 cal<br>Fresh Apple 72 cal<br>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