



BREAKFAST OCTOBER 2026

San Gabriel 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