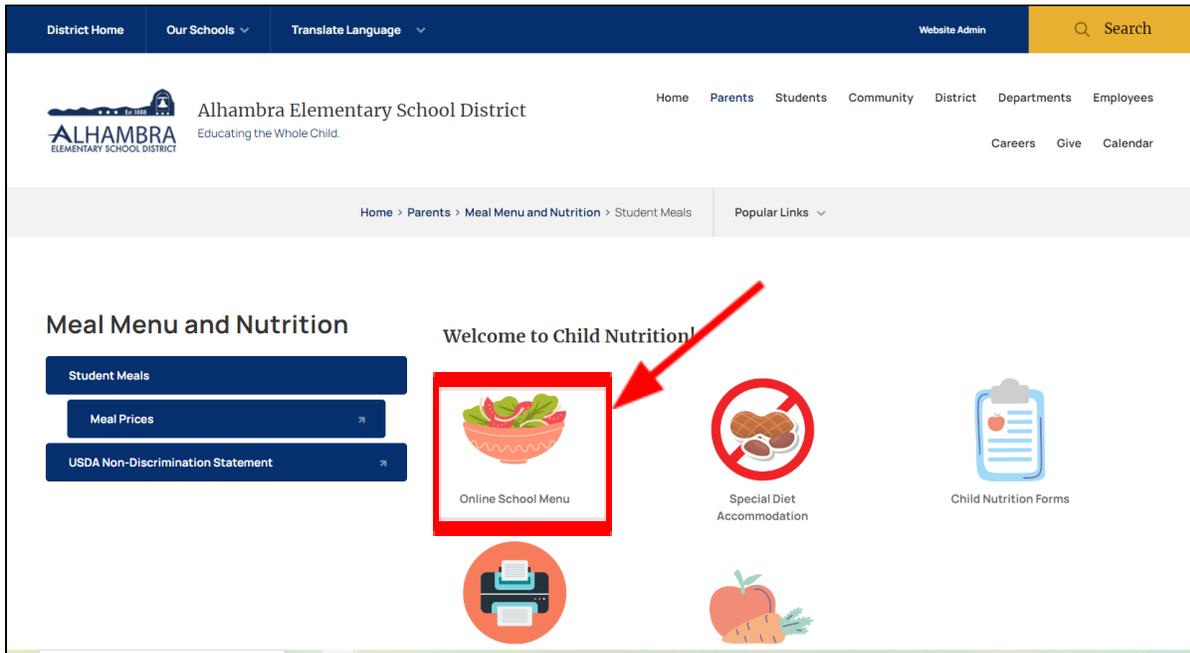


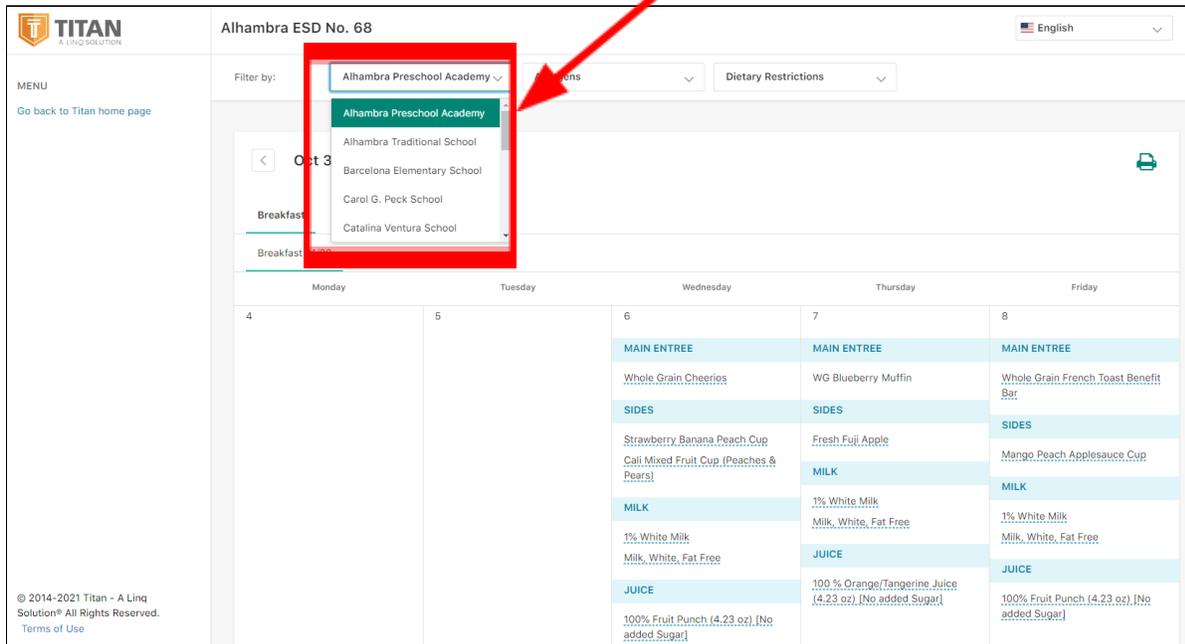
# How to Check the Online Menu for Allergens

**STEP 1.** Please go to [www.alhambraesd.org/ChildNutrition](http://www.alhambraesd.org/ChildNutrition)

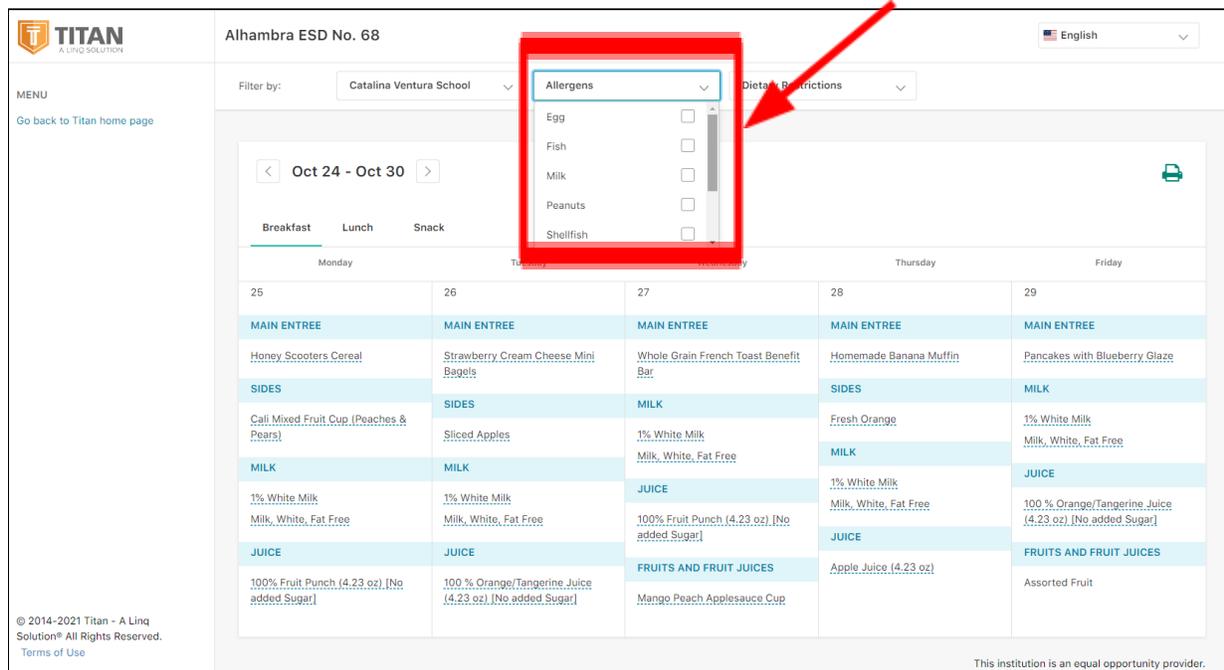
**STEP 2.** Click on the icon “Online School Menu”



**STEP 3.** You will be directed to the Alhambra Elementary school District Online Menu. Under the “Filter by” select the school your student attends.



**STEP 4.** Once you have selected the correct school, you can go to “Filter by” > “Allergens” and select the allergies you are interested in.



Alhambra ESD No. 68

Filter by: Catalina Ventura School

Allergens

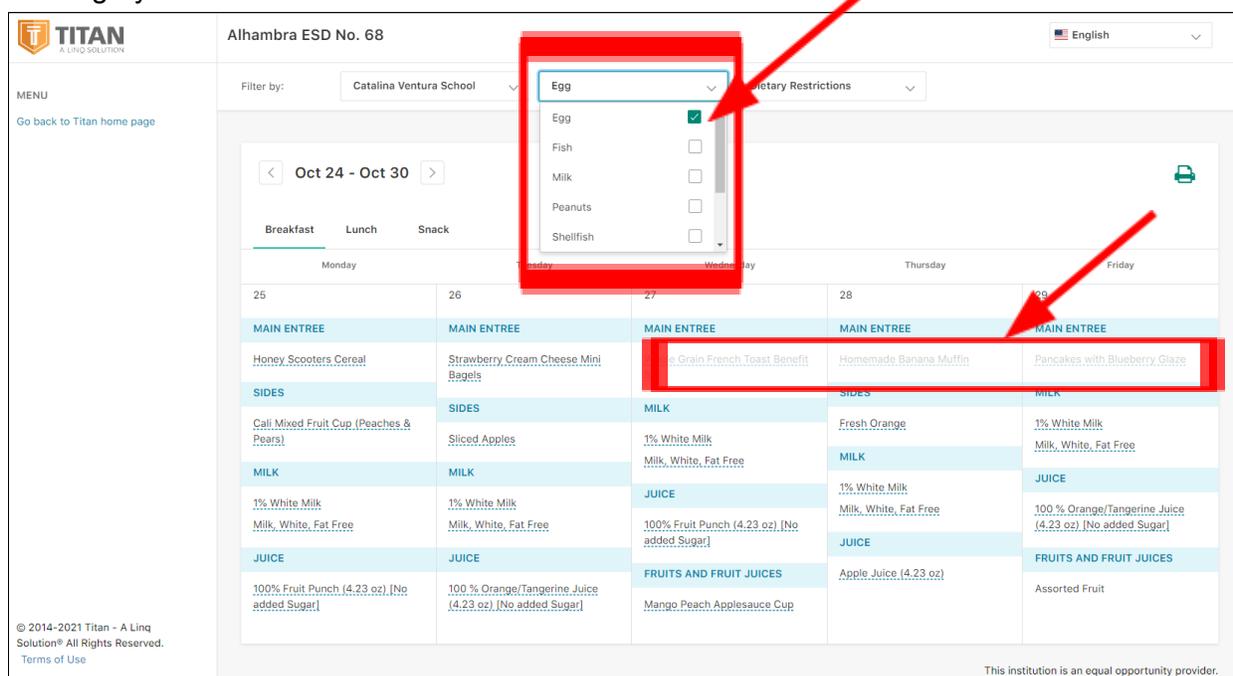
- Egg
- Fish
- Milk
- Peanuts
- Shellfish

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
<b>MAIN ENTREE</b> Honey Scooters Cereal	<b>MAIN ENTREE</b> Strawberry Cream Cheese Mini Bagels	<b>MAIN ENTREE</b> Whole Grain French Toast Benefit Bar	<b>MAIN ENTREE</b> Homemade Banana Muffin	<b>MAIN ENTREE</b> Pancakes with Blueberry Glaze
<b>SIDES</b> Cali Mixed Fruit Cup (Peaches & Pears)	<b>SIDES</b> Sliced Apples	<b>MILK</b> 1% White Milk Milk, White, Fat Free	<b>SIDES</b> Fresh Orange	<b>MILK</b> 1% White Milk Milk, White, Fat Free
<b>MILK</b> 1% White Milk Milk, White, Fat Free	<b>MILK</b> 1% White Milk Milk, White, Fat Free	<b>JUICE</b> 100% Fruit Punch (4.23 oz) [No added Sugar]	<b>MILK</b> 1% White Milk Milk, White, Fat Free	<b>JUICE</b> 100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]
<b>JUICE</b> 100% Fruit Punch (4.23 oz) [No added Sugar]	<b>JUICE</b> 100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]	<b>FRUITS AND FRUIT JUICES</b> Mango Peach Applesauce Cup	<b>JUICE</b> Apple Juice (4.23 oz)	<b>FRUITS AND FRUIT JUICES</b> Assorted Fruit

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**STEP 5.** After the allergens have been selected, you can now check all the menus offered in your school, and see what items contain the allergens you selected. Items that contain allergens will be grayed out.



Alhambra ESD No. 68

Filter by: Catalina Ventura School

Egg

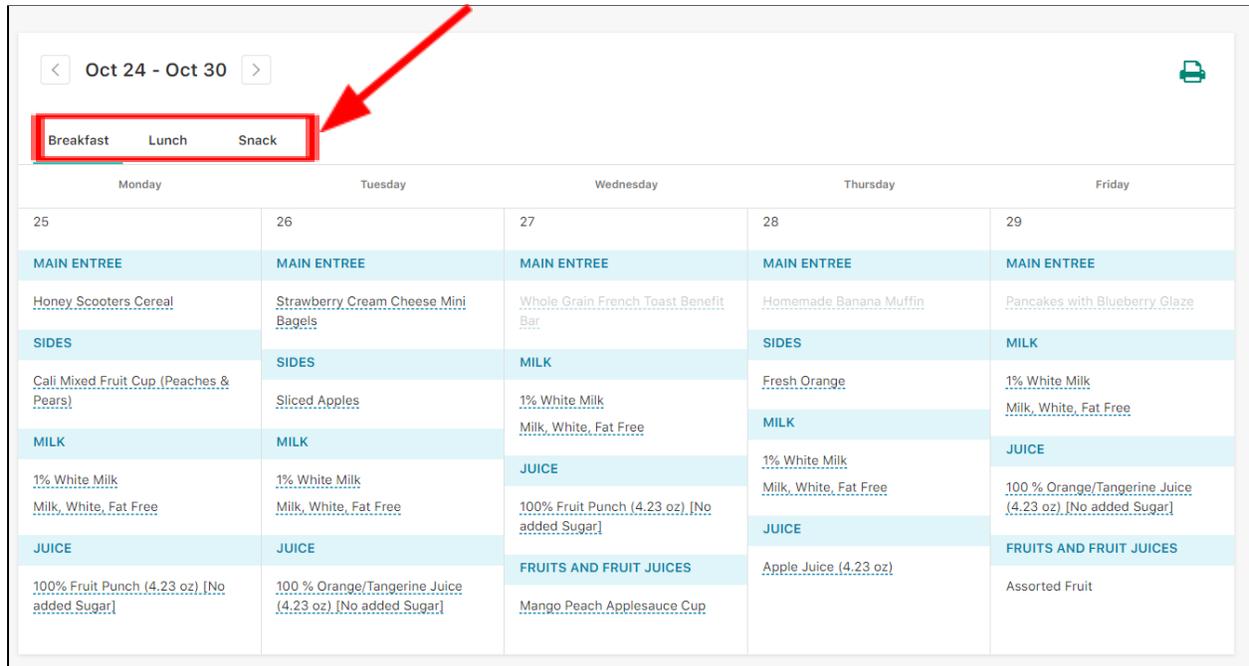
- Egg
- Fish
- Milk
- Peanuts
- Shellfish

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
<b>MAIN ENTREE</b> Honey Scooters Cereal	<b>MAIN ENTREE</b> Strawberry Cream Cheese Mini Bagels	<b>MAIN ENTREE</b> Whole Grain French Toast Benefit Bar	<b>MAIN ENTREE</b> Homemade Banana Muffin	<b>MAIN ENTREE</b> Pancakes with Blueberry Glaze
<b>SIDES</b> Cali Mixed Fruit Cup (Peaches & Pears)	<b>SIDES</b> Sliced Apples	<b>MILK</b> 1% White Milk Milk, White, Fat Free	<b>SIDES</b> Fresh Orange	<b>MILK</b> 1% White Milk Milk, White, Fat Free
<b>MILK</b> 1% White Milk Milk, White, Fat Free	<b>MILK</b> 1% White Milk Milk, White, Fat Free	<b>JUICE</b> 100% Fruit Punch (4.23 oz) [No added Sugar]	<b>MILK</b> 1% White Milk Milk, White, Fat Free	<b>JUICE</b> 100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]
<b>JUICE</b> 100% Fruit Punch (4.23 oz) [No added Sugar]	<b>JUICE</b> 100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]	<b>FRUITS AND FRUIT JUICES</b> Mango Peach Applesauce Cup	<b>JUICE</b> Apple Juice (4.23 oz)	<b>FRUITS AND FRUIT JUICES</b> Assorted Fruit

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**STEP 6.** To change to other menus, simply click “Breakfast”, “Lunch”, or “Snack” (Supper only available at certain schools).

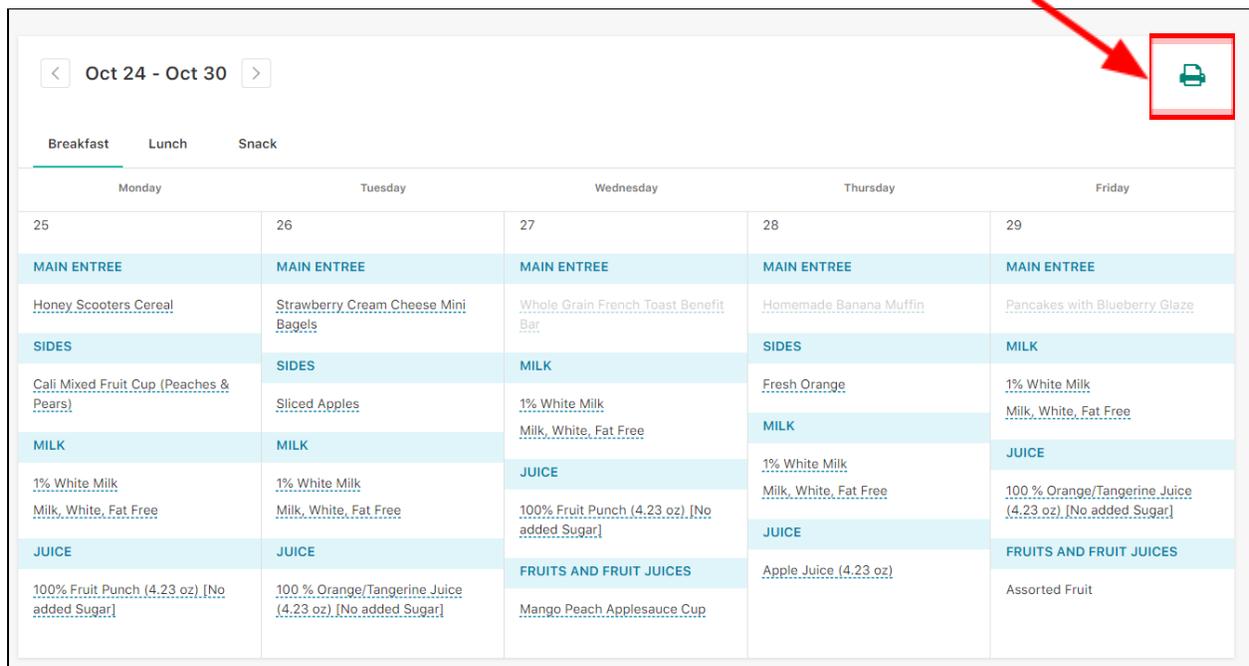


Oct 24 - Oct 30

Breakfast Lunch **Snack**

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>
<a href="#">Honey Scooters Cereal</a>	<a href="#">Strawberry Cream Cheese Mini Bagels</a>	<a href="#">Whole Grain French Toast Benefit Bar</a>	<a href="#">Homemade Banana Muffin</a>	<a href="#">Pancakes with Blueberry Glaze</a>
<b>SIDES</b>	<b>SIDES</b>	<b>MILK</b>	<b>SIDES</b>	<b>MILK</b>
<a href="#">Cali Mixed Fruit Cup (Peaches &amp; Pears)</a>	<a href="#">Sliced Apples</a>	<a href="#">1% White Milk</a>	<a href="#">Fresh Orange</a>	<a href="#">1% White Milk</a>
<b>MILK</b>	<b>MILK</b>	<b>MILK</b>	<b>MILK</b>	<b>MILK</b>
<a href="#">1% White Milk</a>	<a href="#">1% White Milk</a>	<a href="#">Milk, White, Fat Free</a>	<a href="#">1% White Milk</a>	<a href="#">Milk, White, Fat Free</a>
<a href="#">Milk, White, Fat Free</a>	<a href="#">Milk, White, Fat Free</a>	<b>JUICE</b>	<a href="#">Milk, White, Fat Free</a>	<b>JUICE</b>
<b>JUICE</b>	<b>JUICE</b>	<a href="#">100% Fruit Punch (4.23 oz) [No added Sugar]</a>	<b>JUICE</b>	<a href="#">100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]</a>
<a href="#">100% Fruit Punch (4.23 oz) [No added Sugar]</a>	<a href="#">100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]</a>	<b>FRUITS AND FRUIT JUICES</b>	<a href="#">Apple Juice (4.23 oz)</a>	<b>FRUITS AND FRUIT JUICES</b>
		<a href="#">Mango Peach Applesauce Cup</a>		<a href="#">Assorted Fruit</a>

**STEP 7A.** If you wish to print the menu, you can click on the printer icon.



Oct 24 - Oct 30

Breakfast Lunch Snack

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>	<b>MAIN ENTREE</b>
<a href="#">Honey Scooters Cereal</a>	<a href="#">Strawberry Cream Cheese Mini Bagels</a>	<a href="#">Whole Grain French Toast Benefit Bar</a>	<a href="#">Homemade Banana Muffin</a>	<a href="#">Pancakes with Blueberry Glaze</a>
<b>SIDES</b>	<b>SIDES</b>	<b>MILK</b>	<b>SIDES</b>	<b>MILK</b>
<a href="#">Cali Mixed Fruit Cup (Peaches &amp; Pears)</a>	<a href="#">Sliced Apples</a>	<a href="#">1% White Milk</a>	<a href="#">Fresh Orange</a>	<a href="#">1% White Milk</a>
<b>MILK</b>	<b>MILK</b>	<b>MILK</b>	<b>MILK</b>	<b>MILK</b>
<a href="#">1% White Milk</a>	<a href="#">1% White Milk</a>	<a href="#">Milk, White, Fat Free</a>	<a href="#">1% White Milk</a>	<a href="#">Milk, White, Fat Free</a>
<a href="#">Milk, White, Fat Free</a>	<a href="#">Milk, White, Fat Free</a>	<b>JUICE</b>	<a href="#">Milk, White, Fat Free</a>	<b>JUICE</b>
<b>JUICE</b>	<b>JUICE</b>	<a href="#">100% Fruit Punch (4.23 oz) [No added Sugar]</a>	<b>JUICE</b>	<a href="#">100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]</a>
<a href="#">100% Fruit Punch (4.23 oz) [No added Sugar]</a>	<a href="#">100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]</a>	<b>FRUITS AND FRUIT JUICES</b>	<a href="#">Apple Juice (4.23 oz)</a>	<b>FRUITS AND FRUIT JUICES</b>
		<a href="#">Mango Peach Applesauce Cup</a>		<a href="#">Assorted Fruit</a>

**STEP 7B.** Another window will open up after you click the icon, make sure that you select the allergens then hit “Print”

Print
✕





Alhambra ESD No. 68

October 2021 | Catalina Ventura School | Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>25</b></p> <p>■ Main Entree Honey Scooters Cereal</p> <p>■ Sides Call Mixed Fruit Cup (Peaches &amp; Pears)</p> <p>■ Milk 1% White Milk Milk, White, Fat Free</p> <p>■ Juice 100% Fruit Punch (4.23 oz) [No added Sugar]</p>	<p><b>26</b></p> <p>■ Main Entree Strawberry Cream Cheese Mini Bagels</p> <p>■ Sides Sliced Apples</p> <p>■ Milk 1% White Milk Milk, White, Fat Free</p> <p>■ Juice 100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]</p>	<p><b>27</b></p> <p>■ Main Entree Whole Grain French Toast Benefit Bar <i>Egg</i></p> <p>■ Milk 1% White Milk Milk, White, Fat Free</p> <p>■ Juice 100% Fruit Punch (4.23 oz) [No added Sugar]</p> <p>■ Fruits and Fruit Juices Mango Peach Applesauce Cup</p>	<p><b>28</b></p> <p>■ Main Entree Homemade Banana Muffin <i>Egg</i></p> <p>■ Sides Fresh Orange</p> <p>■ Milk 1% White Milk Milk, White, Fat Free</p> <p>■ Juice Apple Juice (4.23 oz)</p>	<p><b>29</b></p> <p>■ Main Entree Pancakes with Blueberry Glaze <i>Egg</i></p> <p>■ Milk 1% White Milk Milk, White, Fat Free</p> <p>■ Juice 100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]</p> <p>■ Fruits and Fruit Juices Assorted Fruit</p>

Serving Session

Breakfast

Nutrients

Nutrients

Allergens

Egg

Egg

Fish

Milk

Peanuts

Shellfish

Cancel
Print