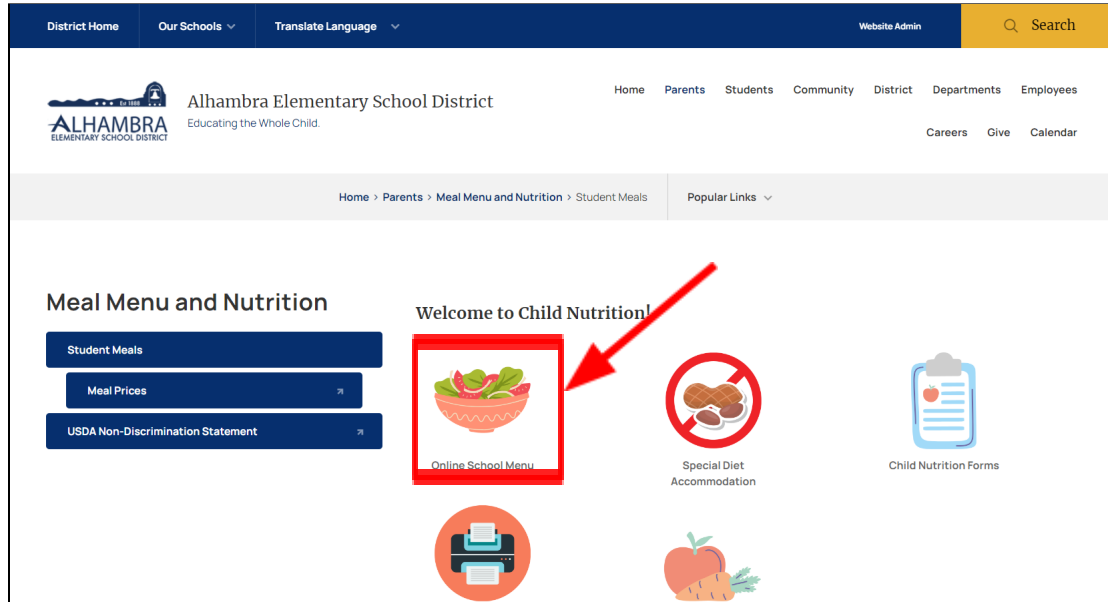


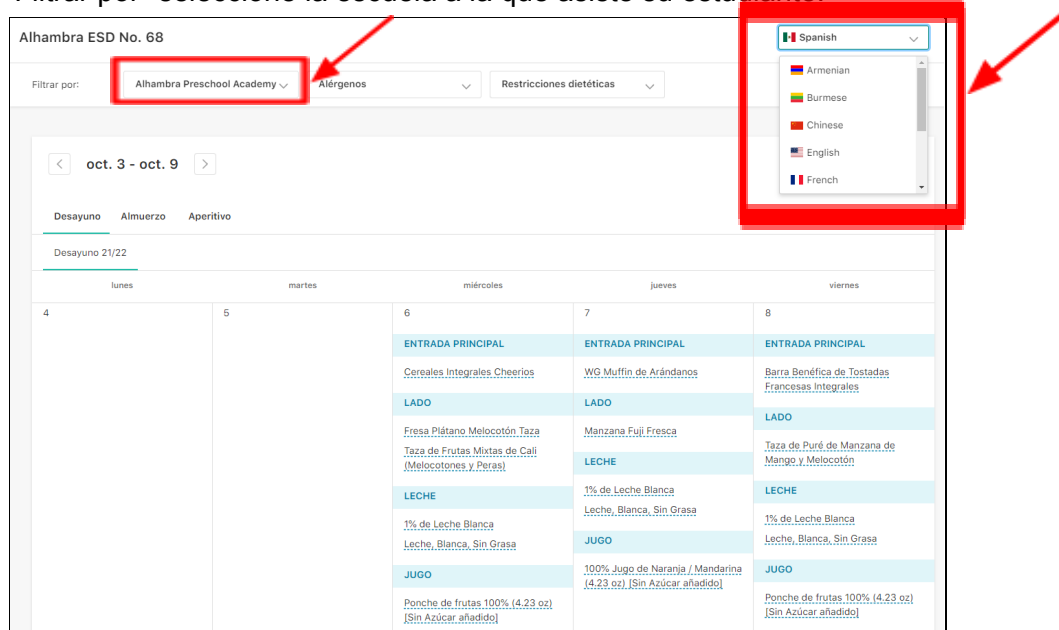
# Cómo Revisar el Menú en Línea para Ver si Hay Alérgenos

**PASO 1.** Vaya a [www.alhambraesd.org/ChildNutrition](http://www.alhambraesd.org/ChildNutrition)

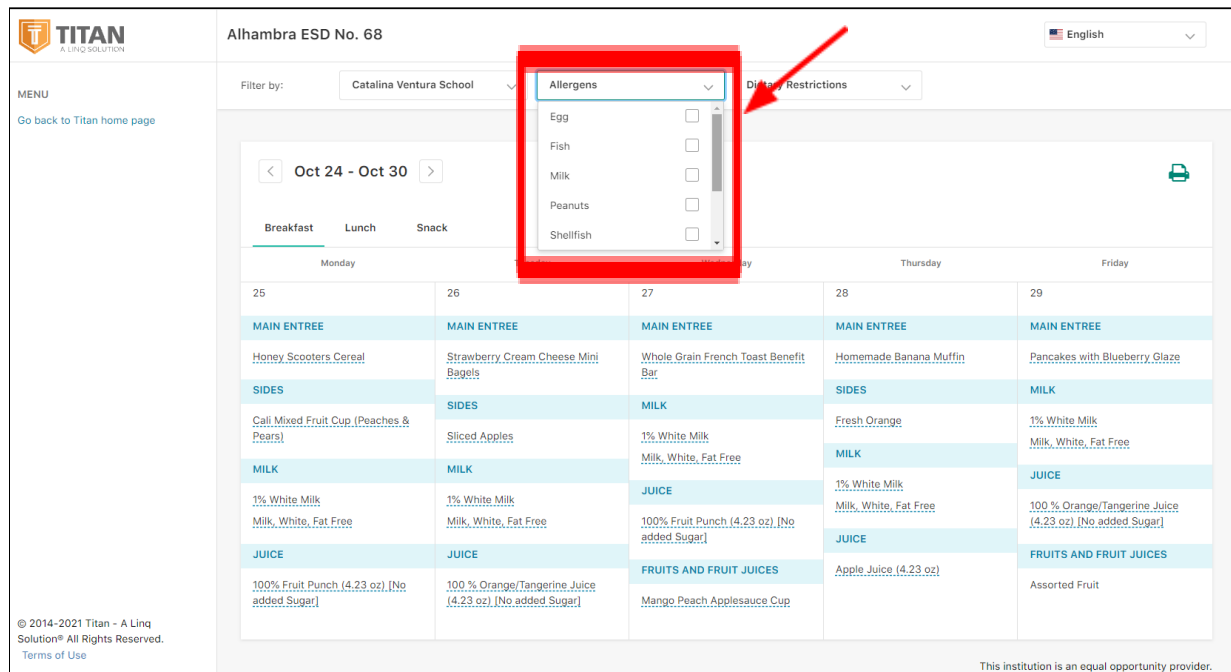
**PASO 2.** Haga clic en el ícono "Menú Escolar en Línea" (Online School Menu).



**PASO 3.** Será dirigido al Menú Online del Distrito Escolar de Alhambra. Para traducir el sitio web al español, haga clic en la esquina superior derecha y seleccione español. Ahora, bajo el "Filtrar por" seleccione la escuela a la que asiste su estudiante.



**PASO 4.** Una vez que haya seleccionado la escuela correcta, puede ir a "Filtrar por" > "Alérgenos" y seleccionar las alergias que le interesan.



Alhambra ESD No. 68

Filter by: Catalina Ventura School

Allergens

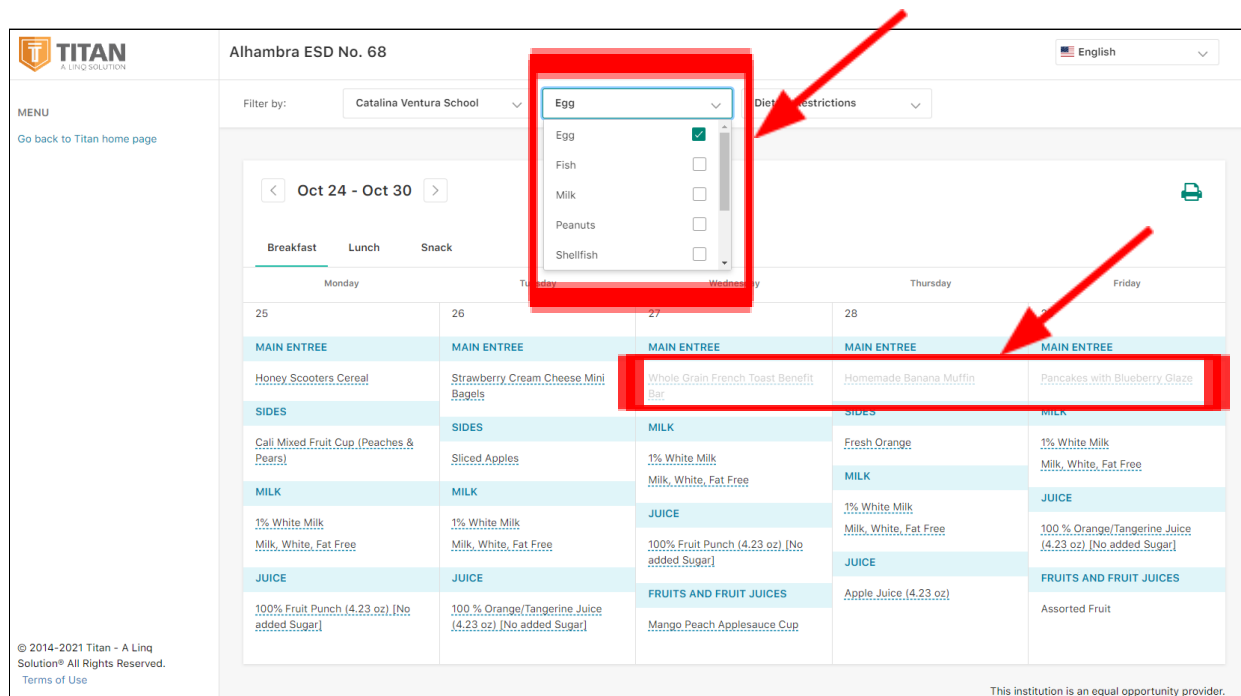
- Egg
- Fish
- Milk
- Peanuts
- Shellfish

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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**PASO 5.** Una vez seleccionados los alérgenos, puede comprobar todos los menús que se ofrecen en su escuela y ver qué artículos contienen los alérgenos que ha seleccionado. Los artículos que contienen alérgenos aparecerán en gris.



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Allergens

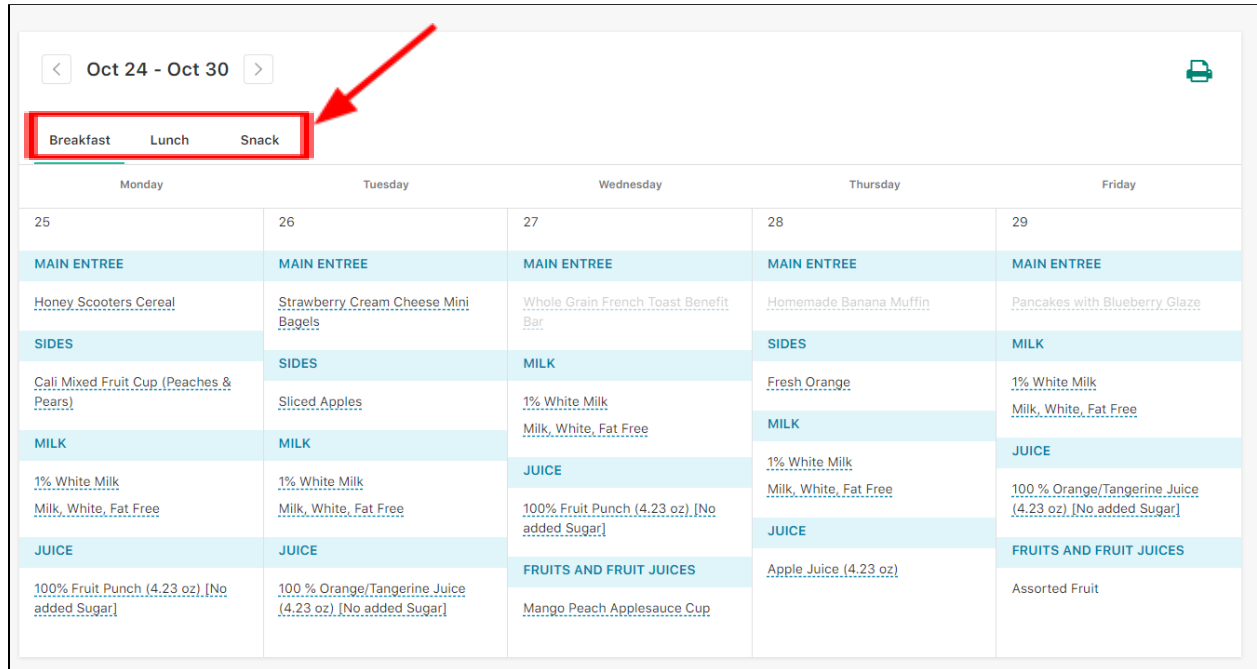
- Egg
- Fish
- Milk
- Peanuts
- Shellfish

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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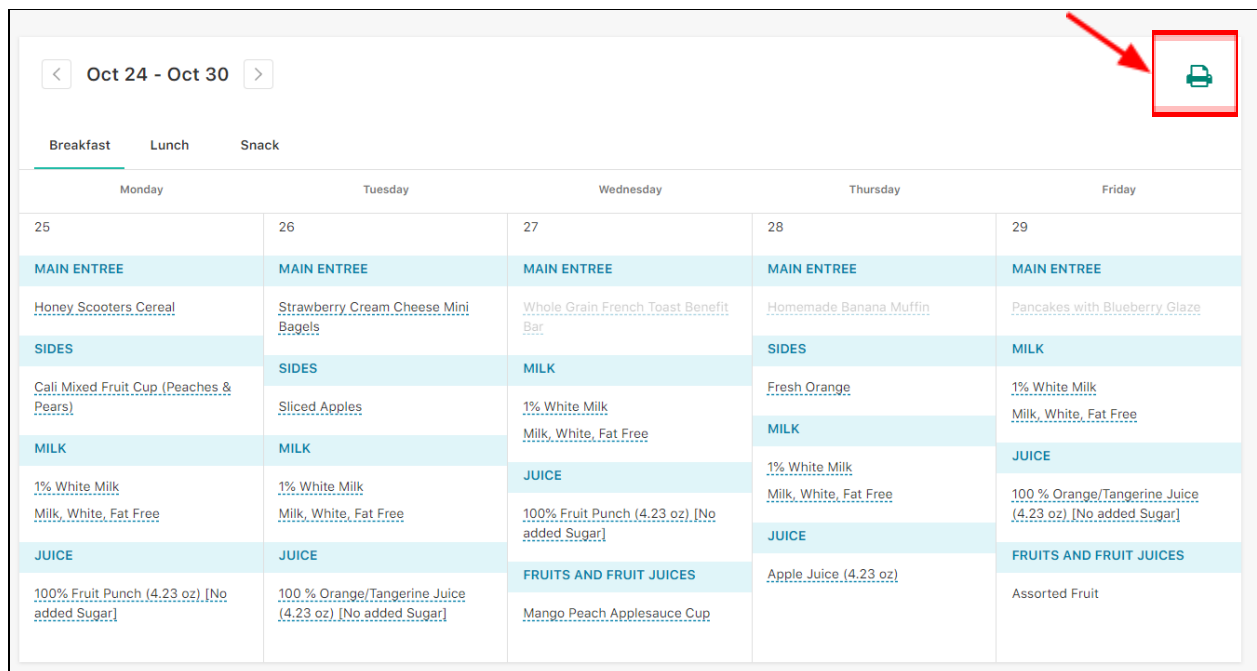
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**PASO 6.** Para cambiar a otros menús, simplemente haga clic en "Desayuno", "Almuerzo" o "Aperitivo" (la cena sólo está disponible en algunas escuelas).



Oct 24 - Oct 30				
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>	<a href="#">Milk, White, Fat Free</a>	<b>MILK</b>	<a href="#">Milk, White, Fat Free</a>
<a href="#">1% White Milk</a>	<a href="#">1% White Milk</a>	<b>JUICE</b>	<a href="#">1% White Milk</a>	<b>JUICE</b>
<a href="#">Milk, White, Fat Free</a>	<a href="#">Milk, White, Fat Free</a>	<a href="#">100% Fruit Punch (4.23 oz) [No added Sugar]</a>	<a href="#">Milk, White, Fat Free</a>	<a href="#">100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]</a>
<b>JUICE</b>	<b>JUICE</b>	<b>FRUITS AND FRUIT JUICES</b>	<b>JUICE</b>	<b>FRUITS AND FRUIT JUICES</b>
<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>	<a href="#">Mango Peach Applesauce Cup</a>	<a href="#">Apple Juice (4.23 oz)</a>	<a href="#">Assorted Fruit</a>


**PASO 7A.** Si desea imprimir el menú, puede hacer clic en el icono de la impresora.




Oct 24 - Oct 30				
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>	<a href="#">Milk, White, Fat Free</a>	<b>MILK</b>	<a href="#">Milk, White, Fat Free</a>
<a href="#">1% White Milk</a>	<a href="#">1% White Milk</a>	<b>JUICE</b>	<a href="#">1% White Milk</a>	<b>JUICE</b>
<a href="#">Milk, White, Fat Free</a>	<a href="#">Milk, White, Fat Free</a>	<a href="#">100% Fruit Punch (4.23 oz) [No added Sugar]</a>	<a href="#">Milk, White, Fat Free</a>	<a href="#">100 % Orange/Tangerine Juice (4.23 oz) [No added Sugar]</a>
<b>JUICE</b>	<b>JUICE</b>	<b>FRUITS AND FRUIT JUICES</b>	<b>JUICE</b>	<b>FRUITS AND FRUIT JUICES</b>
<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>	<a href="#">Mango Peach Applesauce Cup</a>	<a href="#">Apple Juice (4.23 oz)</a>	<a href="#">Assorted Fruit</a>

**PASO 7B.** Se abrirá otra ventana después de hacer clic en el icono, asegúrese de seleccionar los alérgenos y luego pulse "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