



BREAKFAST OCTOBER 2026

Capital High

Boise School District

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 No menu published	2 No menu published
5 Homemade Banana Bread 182 cal Honey Cheerios 110 cal Blueberry Lemon Breakfast Bar 150 cal Whole Pear 100 cal	6 No menu published	7 Homemade Cinnamon Roll 210 cal Honey Cheerios 110 cal Blueberry Lemon Breakfast Bar 150 cal Whole Pear 100 cal	8 Breakfast Burrito - Vegetarian 311 cal Honey Cheerios 110 cal Blueberry Lemon Breakfast Bar 150 cal Watermelon 23 cal Whole Pear 100 cal Salsa 10 cal	9 No menu published
12 Homemade Banana Bread 182 cal Honey Cheerios 110 cal Strawberry Breakfast Bar 150 cal Whole Pear 100 cal	13 No menu published	14 Homemade Cinnamon Roll 210 cal Honey Cheerios 110 cal Strawberry Breakfast Bar 150 cal	15 Breakfast Burrito - Vegetarian 311 cal Honey Cheerios 110 cal Strawberry Breakfast Bar 150 cal Watermelon 23 cal Salsa 10 cal	16 No menu published
19 Homemade Banana Bread 182 cal Honey Cheerios 110 cal Strawberry Breakfast Bar 150 cal Whole Pear 100 cal	20 No menu published	21 Homemade Cinnamon Roll 210 cal Honey Cheerios 110 cal Strawberry Breakfast Bar 150 cal	22 Breakfast Burrito - Vegetarian 311 cal Reduced Sugar Trix Cereal 110 cal Strawberry Breakfast Bar 150 cal Cantaloupe 27 cal Salsa 10 cal	23 Maple Brown Sugar Scone 191 cal Reduced Sugar Trix Cereal 110 cal Strawberry Breakfast Bar 150 cal
26 Homemade Banana Bread 182 cal Reduced Sugar Trix Cereal 110 cal Strawberry Breakfast Bar 150 cal Whole Pear 100 cal	27 No menu published	28 Homemade Cinnamon Roll 210 cal Reduced Sugar Trix Cereal 110 cal Strawberry Breakfast Bar 150 cal	29 Breakfast Burrito - Vegetarian 311 cal Reduced Sugar Trix Cereal 110 cal Strawberry Breakfast Bar 150 cal Fresh Mixed Fruit 2 cal Salsa 10 cal	30 Maple Brown Sugar Scone 191 cal Reduced Sugar Trix Cereal 110 cal Strawberry Breakfast Bar 150 cal

EVERY DAY

- Hard Boiled Egg
- Blueberry Yogurt
- Peanut Butter Cup
- String Cheese
- Raisins
- Apple Blueberry Crunchables
- Apple
- 1% Unflavored Milk

Menu subject to change.