



LUNCH OCTOBER 2026

Capital High

Boise School District

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5	Crispy Chicken Sandwich 394 cal
	Spicy Chicken Sandwich 377 cal
	Beef Bites 287 cal
	& Garlic Breadstick 100 cal
	Fresh Pineapple 42 cal
	Whole Pear 100 cal
	Baby Carrots 23 cal
	Vegetarian Baked Beans 130 cal
	Celery Sticks 10 cal
	BBQ Sauce 31 cal
	Romaine Lettuce 1 cal
	Slice of Tomato 3 cal

6	Barbacoa Tacos 312 cal
	Cheese Pizza 389 cal
	Crispy Chicken Salad 464 cal
	Honeydew 31 cal
	Jicama 25 cal
	Cucumber Slices 8 cal
	Baby Carrots 23 cal
	Garden Salad w/ Ranch 28 cal
	Salsa 10 cal
	Romaine Lettuce 1 cal

7	Korean BBQ Chicken Drumstick 185 cal
	& Homemade Seasoned Rice 214 cal
	Whole Pear 100 cal
	Watermelon 23 cal
	Cucumber Slices 8 cal
	Baby Carrots 23 cal
	Garden Salad w/ Ranch 28 cal

8	Spaghetti w/ Marinara & Mozzarella 247 cal
	Spaghetti w/ Meat Sauce 221 cal
	& Cheesy Breadstick 150 cal
	Barbacoa Baja Bowl 459 cal
	Red Grapes 55 cal
	Whole Pear 100 cal
	Grape Tomatoes 14 cal
	Fresh Broccoli Florets 11 cal
	Buttered Broccoli 25 cal
	Garden Salad w/ Parmesan Vinaigrette 28 cal
	Salsa 10 cal

9	No menu published
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12	Chicken Bites 245 cal
	Spicy Chicken Bites 200 cal
	& Garlic Breadstick 100 cal
	Barbacoa 138 cal
	with Bun 140 cal
	Fresh Pineapple 42 cal
	Baby Carrots 23 cal
	Celery Sticks 10 cal
	BBQ Sauce 31 cal

13	Nacho Toppings 143 cal
	with Chips 304 cal
	Cheese Pizza 389 cal
	Cheesy Baked Taquitos 342 cal
	Crispy Chicken Salad 464 cal
	Cantaloupe 27 cal
	Jicama 25 cal
	Cucumber Slices 8 cal
	Vegetarian Chili Beans 110 cal
	Garden Salad w/ Ranch 28 cal
	Salsa 10 cal

14	Chicken Alfredo 271 cal
	& Garlic Breadstick 100 cal
	Toasted Cheese Sandwich 393 cal
	Red Grapes 55 cal
	Grape Tomatoes 14 cal
	Fresh Broccoli Florets 11 cal
	Buttered Broccoli 25 cal
	Garden Salad w/ Parmesan Vinaigrette 28 cal

15	Crispy Chicken Salad 464 cal
	Cheese Pizza 389 cal
	Cucumber Slices 8 cal
	Baby Carrots 23 cal
	Garden Salad w/ Ranch 28 cal

16	No menu published
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19	Crispy Chicken Sandwich 394 cal
	Spicy Chicken Sandwich 377 cal
	Beef Bites 287 cal
	& Garlic Breadstick 100 cal
	Fresh Pineapple 42 cal
	Baby Carrots 23 cal
	Vegetarian Baked Beans 130 cal
	Celery Sticks 10 cal
	BBQ Sauce 31 cal
	Romaine Lettuce 1 cal
	Slice of Tomato 3 cal

20	Barbacoa Tacos 312 cal
	Cheese Pizza 389 cal
	Crispy Chicken Salad 464 cal
	Honeydew 31 cal
	Jicama 25 cal
	Cucumber Slices 8 cal
	Baby Carrots 23 cal
	Garden Salad w/ Ranch 28 cal
	Salsa 10 cal
	Romaine Lettuce 1 cal

21	Spaghetti w/ Mozzarella 239 cal
	Spaghetti w/ Meat Sauce 213 cal
	& Cheesy Breadstick 150 cal
	Barbacoa Baja Bowl 459 cal
	Cantaloupe 27 cal
	Grape Tomatoes 14 cal
	Fresh Broccoli Florets 11 cal
	Buttered Broccoli 25 cal
	Garden Salad w/ Parmesan Vinaigrette 28 cal
	Salsa 10 cal

22	Korean BBQ Chicken Drumstick 185 cal
	& Homemade Seasoned Rice 214 cal
	Cheese Pizza 389 cal
	Red Grapes 55 cal
	Cucumber Slices 8 cal
	Baby Carrots 23 cal
	Garden Salad w/ Ranch 28 cal

23	Fish Bites 231 cal
	& Garlic Breadstick 100 cal
	Fresh Mixed Fruit 2 cal
	Red Pepper Hummus 170 cal
	Celery Sticks 10 cal
	Fries 111 cal
	Garden Salad w/ Parmesan Vinaigrette 28 cal
	Snickerdoodle Cookie 111 cal
	BBQ Sauce 31 cal
	Romaine Lettuce 1 cal
	Slice of Tomato 3 cal
	Slice of Onion 8 cal

26	Chicken Bites 245 cal
	Spicy Chicken Bites 200 cal
	& Garlic Breadstick 100 cal
	Barbacoa 138 cal
	with Bun 140 cal
	Fresh Pineapple 42 cal
	Baby Carrots 23 cal
	Celery Sticks 10 cal
	BBQ Sauce 31 cal

27	Nacho Toppings 143 cal
	with Chips 304 cal
	Cheese Pizza 389 cal
	Cheesy Baked Taquitos 342 cal
	Crispy Chicken Salad 464 cal
	Cantaloupe 27 cal
	Jicama 25 cal
	Cucumber Slices 8 cal
	Vegetarian Chili Beans 110 cal
	Garden Salad w/ Ranch 28 cal
	Salsa 10 cal

28	Chicken Alfredo 271 cal
	& Garlic Breadstick 100 cal
	Toasted Cheese Sandwich 393 cal
	Red Grapes 55 cal
	Grape Tomatoes 14 cal
	Fresh Broccoli Florets 11 cal
	Buttered Broccoli 25 cal
	Garden Salad w/ Parmesan Vinaigrette 28 cal
	Slice of Tomato 3 cal

29	Crispy Chicken Salad 464 cal
	Cheese Pizza 389 cal
	Honeydew 31 cal
	Cucumber Slices 8 cal
	Baby Carrots 23 cal
	Garden Salad w/ Ranch 28 cal

30	Nacho Toppings 143 cal
	with Chips 304 cal
	Cheese Tamale 346 cal
	Teriyaki Chicken 257 cal
	& Rice 209 cal
	Fresh Mixed Fruit 2 cal
	Red Pepper Hummus 170 cal
	Celery Sticks 10 cal
	Homemade Potato Wedges 140 cal
	Garden Salad w/ Parmesan Vinaigrette 28 cal
	Snickerdoodle Cookie 111 cal
	BBQ Sauce 31 cal
	Romaine Lettuce 1 cal
	Slice of Tomato 3 cal
	Slice of Onion 8 cal

EVERY DAY

- String Cheese
- Apple
- Skim Chocolate Milk
- 1% Unflavored Milk
- Whole Unflavored Milk
- Banana

Menu subject to change.