



LUNCH OCTOBER 2026

Frank Church High

Boise School District

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No menu published	2 No menu published
5 CRISPY CHICKEN SANDWICH 394 cal Spicy Chicken Sandwich 377 cal Beef Bites 287 cal & Garlic Breadstick 100 cal Fresh Pineapple 42 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 Honeydew 31 cal Baby Carrots 23 cal Garden Salad w/ Ranch 28 cal Salsa 10 cal Romaine Lettuce 1 cal	7 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 Buttered Broccoli 25 cal Garden Salad w/ Parmesan Vinaigrette 28 cal Salsa 10 cal	8 KOREAN BBQ CHICKEN DRUMSTICK 185 cal & Homemade Seasoned Rice 214 cal Cheese Pizza 389 cal Watermelon 23 cal Baby Carrots 23 cal Garden Salad w/ Ranch 28 cal	9 No menu published
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 Cantaloupe 27 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 Buttered Broccoli 25 cal Garden Salad w/ Parmesan Vinaigrette 28 cal Slice of Tomato 3 cal	15 CRISPY CHICKEN SALAD 464 cal Cheese Pizza 389 cal Baby Carrots 23 cal Garden Salad w/ Ranch 28 cal	16 No menu published
19 CRISPY CHICKEN SANDWICH 394 cal Spicy Chicken Sandwich 377 cal Beef Bites 287 cal & Garlic Breadstick 100 cal Fresh Pineapple 42 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 Honeydew 31 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 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 Baby Carrots 23 cal Garden Salad w/ Ranch 28 cal	23 STUFFED CRUST PIZZA 310 cal Hot Dog 300 cal Fish Bites 231 cal & Garlic Breadstick 100 cal Fresh Mixed Fruit 2 cal Fries 111 cal Garden Salad w/ Parmesan Vinaigrette 28 cal Snickerdoodle Cookie 111 cal BBQ Sauce 31 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 Cantaloupe 27 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 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 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 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

Served every day:

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

Menu data from Boise School District, drawn by myschoolmenu.net. Menu subject to change.
Calories are per serving, as Boise School District publishes them.