



Boise School District

Hidden Springs Elementary

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

1

No menu published

2

No menu published

5

Teriyaki Chicken 257 cal
 & Rice 157 cal
 Cheese Pizza 309 cal
 Fresh Pineapple 42 cal
 Buttered Broccoli 25 cal
 Baby Carrots 23 cal

6

Chicken Quesadilla 315 cal
 Cheesy Baked Taquitos 331 cal
 Honeydew 31 cal
 Vegetarian Chili Beans 110 cal
 Garden Salad w/ Parmesan Vinaigrette 28 cal
 Cucumber Slices 8 cal
 Salsa 10 cal

7

Spaghetti w/ Meat Sauce 221 cal
 w/ Cheesy Scrambled Eggs 92 cal
 Homemade Harvest Bread 193 cal
 Red Grapes 55 cal
 Buttered Green Beans 20 cal
 Garden Salad w/ Ranch 28 cal
 Cucumber Slices 8 cal
 Chocolate Chip Cookie 124 cal

8

Chicken Bites 245 cal
 Spicy Chicken Bites & Garlic Breadstick 200 cal
 Watermelon 100 cal
 Buttered Peas & Carrots 23 cal
 Garden Salad w/ Parmesan Vinaigrette 28 cal
 Cucumber Slices 8 cal
 BBQ Sauce 31 cal

9

No menu published

12

Cheese Pizza 389 cal
 Chicken Drumstick & Homemade Seasoned Rice 150 cal
 Fresh Pineapple 42 cal
 Buttered Green Beans 20 cal
 Baby Carrots 23 cal
 BBQ Sauce 31 cal

13

Beef Bites & Garlic Breadstick 287 cal
 Toasted Cheese Sandwich 100 cal
 Apple Slices 416 cal
 Buttered Peas & Carrots 38 cal
 Garden Salad w/ Ranch 38 cal
 BBQ Sauce 28 cal
 BBQ Sauce 31 cal

14

Macaroni & Cheddar Cheese Sauce 142 cal
 Blueberry Yogurt 177 cal
 Peanut Butter Cup 90 cal
 Whole Wheat Crackers 180 cal
 Red Grapes 180 cal
 Buttered Broccoli 55 cal
 Garden Salad w/ Parmesan Vinaigrette 25 cal
 Snickerdoodle Cookie 28 cal
 Snickerdoodle Cookie 111 cal

15

No menu published

16

No menu published

19

Cheese Pizza 389 cal
 Teriyaki Chicken & Rice 257 cal
 Fresh Pineapple 157 cal
 Buttered Broccoli 42 cal
 Baby Carrots 25 cal
 Baby Carrots 23 cal

20

Chicken Quesadilla 315 cal
 Cheesy Baked Taquitos 331 cal
 Apple Slices 38 cal
 Vegetarian Chili Beans 38 cal
 Garden Salad w/ Parmesan Vinaigrette 110 cal
 Salsa 28 cal
 Salsa 10 cal

21

Spaghetti w/ Meat Sauce 213 cal
 Homemade Harvest Bread 193 cal
 w/ Cheesy Scrambled Eggs 92 cal
 Cantaloupe 27 cal
 Buttered Green Beans 20 cal
 Garden Salad w/ Ranch 28 cal
 Snickerdoodle Cookie 111 cal

22

Chicken Bites 245 cal
 Spicy Chicken Bites & Garlic Breadstick 200 cal
 Red Grapes 100 cal
 Buttered Peas & Carrots 55 cal
 Garden Salad w/ Parmesan Vinaigrette 38 cal
 BBQ Sauce 28 cal
 BBQ Sauce 31 cal

23

Cheese Pizza 389 cal
 Hot Dog 300 cal
 Pears 60 cal
 Fries 111 cal
 Cucumber Slices 8 cal
 BBQ Sauce 31 cal

26

Cheese Pizza 389 cal
 Chicken Drumstick & Homemade Seasoned Rice 150 cal
 Fresh Pineapple 160 cal
 Buttered Green Beans 42 cal
 Baby Carrots 20 cal
 Baby Carrots 23 cal
 BBQ Sauce 31 cal

27

Beef Bites & Garlic Breadstick 287 cal
 Toasted Cheese Sandwich 100 cal
 Apple Slices 416 cal
 Buttered Peas & Carrots 38 cal
 Garden Salad w/ Ranch 38 cal
 BBQ Sauce 28 cal
 BBQ Sauce 31 cal

28

Macaroni & Cheddar Cheese Sauce 142 cal
 Blueberry Yogurt 177 cal
 Peanut Butter Cup 90 cal
 Whole Wheat Crackers 180 cal
 Red Grapes 180 cal
 Buttered Broccoli 55 cal
 Garden Salad w/ Parmesan Vinaigrette 25 cal
 Snickerdoodle Cookie 28 cal

29

Crispy Chicken Sandwich 394 cal
 Bean & Cheese Burrito 413 cal
 Honeydew 31 cal
 Buttered Corn 87 cal
 Garden Salad w/ Ranch 28 cal
 BBQ Sauce 31 cal
 Salsa 10 cal
 Romaine Lettuce 1 cal
 Slice of Tomato 3 cal

30

Nacho Toppings with Chips 163 cal
 Hamburger 228 cal
 Applesauce 241 cal
 Vegetarian Baked Beans 56 cal
 Cucumber Slices 130 cal
 BBQ Sauce 8 cal
 Romaine Lettuce 31 cal
 Slice of Tomato 1 cal
 Slice of Tomato 3 cal

Served every day

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