



LUNCH OCTOBER 2026

Highlands Elementary

Boise School District

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						No menu published		No menu published	
5		6		7		8		9	
CHEESE PIZZA 389 cal Teriyaki Chicken 257 cal & Rice 157 cal Banana 86 cal Buttered Broccoli 25 cal Baby Carrots 23 cal		CHICKEN QUESADILLA 315 cal Cheesy Baked Taquitos 331 cal Fresh Pineapple 42 cal Vegetarian Chili Beans 110 cal Garden Salad w/ Parmesan Vinaigrette 28 cal Salsa 10 cal		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		CHICKEN BITES 245 cal Spicy Chicken Bites 200 cal & Garlic Breadstick 100 cal Apple Slices 38 cal Buttered Peas & Carrots 38 cal Garden Salad w/ Parmesan Vinaigrette 28 cal BBQ Sauce 31 cal		No menu published	
12		13		14		15		16	
CHEESE PIZZA 389 cal Chicken Drumstick 150 cal & Homemade Seasoned Rice 160 cal Watermelon 23 cal Buttered Green Beans 20 cal Baby Carrots 23 cal BBQ Sauce 31 cal		BEEF BITES 287 cal & Garlic Breadstick 100 cal Toasted Cheese Sandwich 416 cal Apple Slices 38 cal Buttered Peas & Carrots 38 cal Garden Salad w/ Ranch 28 cal BBQ Sauce 31 cal		MACARONI 142 cal & Cheddar Cheese Sauce 177 cal Blueberry Yogurt 90 cal Peanut Butter Cup 180 cal Whole Wheat Crackers 180 cal Red Grapes 55 cal Buttered Broccoli 25 cal Garden Salad w/ Parmesan Vinaigrette 28 cal		No menu published		No menu published	
19		20		21		22		23	
CHEESE PIZZA 389 cal Teriyaki Chicken 257 cal & Rice 157 cal Fresh Pineapple 42 cal Buttered Broccoli 25 cal Baby Carrots 23 cal		CHICKEN QUESADILLA 315 cal Cheesy Baked Taquitos 331 cal Apple Slices 38 cal Vegetarian Chili Beans 110 cal Garden Salad w/ Parmesan Vinaigrette 28 cal Salsa 10 cal		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		CHICKEN BITES 245 cal Spicy Chicken Bites 200 cal & Garlic Breadstick 100 cal Red Grapes 55 cal Buttered Peas & Carrots 38 cal Garden Salad w/ Parmesan Vinaigrette 28 cal BBQ Sauce 31 cal		CHEESE PIZZA 389 cal Hot Dog 300 cal Pears 60 cal Fries 111 cal Cucumber Slices 8 cal BBQ Sauce 31 cal	
26		27		28		29		30	
CHEESE PIZZA 389 cal Chicken Drumstick 150 cal & Homemade Seasoned Rice 160 cal Fresh Pineapple 42 cal Buttered Green Beans 20 cal Baby Carrots 23 cal BBQ Sauce 31 cal		BEEF BITES 287 cal & Garlic Breadstick 100 cal Toasted Cheese Sandwich 416 cal Apple Slices 38 cal Buttered Peas & Carrots 38 cal Garden Salad w/ Ranch 28 cal BBQ Sauce 31 cal		MACARONI 142 cal & Cheddar Cheese Sauce 177 cal Blueberry Yogurt 90 cal Peanut Butter Cup 180 cal Whole Wheat Crackers 180 cal Red Grapes 55 cal Buttered Broccoli 25 cal Garden Salad w/ Parmesan Vinaigrette 28 cal		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		NACHO TOPPINGS 163 cal with Chips 228 cal Hamburger 241 cal Applesauce 56 cal Vegetarian Baked Beans 130 cal Cucumber Slices 8 cal BBQ Sauce 31 cal Romaine Lettuce 1 cal Slice of Tomato 3 cal	

Served every day:

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

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

MealViewer