



BREAKFAST

OCTOBER 2026

Jefferson Elementary

Boise School District

Monday

Tuesday

Wednesday

Thursday

Friday

1

No menu published

2

No menu published

5

BLUEBERRY LEMON BREAKFAST BAR 150 cal
 Peanut Butter Cup 180 cal
 Apple 75 cal
 Raisins 120 cal

6

BLUEBERRY MUFFIN 116 cal
 Hard Boiled Egg 70 cal
 Banana 86 cal
 Applesauce 50 cal

7

BANANA BREAD 141 cal
 Peanut Butter Cup 180 cal
 Apple 75 cal
 Mango Fruit Bowl 70 cal

8

APPLE CINNAMON MUFFIN 117 cal
 Hard Boiled Egg 70 cal
 Banana 86 cal
 Applesauce 50 cal

9

No menu published

12

BLUEBERRY LEMON BREAKFAST BAR 150 cal
 Peanut Butter Cup 180 cal
 Apple 75 cal
 Raisins 120 cal

13

BLUEBERRY MUFFIN 116 cal
 Hard Boiled Egg 70 cal
 Banana 86 cal
 Applesauce 50 cal

14

BANANA BREAD 141 cal
 Peanut Butter Cup 180 cal
 Apple 75 cal
 Mango Fruit Bowl 70 cal

15

No menu published

16

No menu published

19

STRAWBERRY BREAKFAST BAR 150 cal
 Peanut Butter Cup 180 cal
 Apple 75 cal
 Raisins 120 cal

20

BLUEBERRY MUFFIN 116 cal
 Hard Boiled Egg 70 cal
 Banana 86 cal
 Applesauce 50 cal

21

BANANA BREAD 141 cal
 Peanut Butter Cup 180 cal
 Apple 75 cal
 Mango Fruit Bowl 70 cal

22

APPLE CINNAMON MUFFIN 117 cal
 Hard Boiled Egg 70 cal
 Banana 86 cal
 Applesauce 50 cal

23

REDUCED SUGAR TRIX CEREAL 110 cal
 Blueberry Yogurt 90 cal
 Mango Fruit Bowl 70 cal
 Apple Blueberry Crunchables 40 cal

26

STRAWBERRY BREAKFAST BAR 150 cal
 Peanut Butter Cup 180 cal
 Apple 75 cal
 Raisins 120 cal

27

BLUEBERRY MUFFIN 116 cal
 Hard Boiled Egg 70 cal
 Banana 86 cal
 Applesauce 50 cal

28

BANANA BREAD 141 cal
 Peanut Butter Cup 180 cal
 Apple 75 cal
 Mango Fruit Bowl 70 cal

29

APPLE CINNAMON MUFFIN 117 cal
 Hard Boiled Egg 70 cal
 Banana 86 cal
 Applesauce 50 cal

30

REDUCED SUGAR TRIX CEREAL 110 cal
 Blueberry Yogurt 90 cal
 Mango Fruit Bowl 70 cal
 Apple Blueberry Crunchables 40 cal

Served every day:

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