



LUNCH OCTOBER 2026

Koelsch Elementary

Boise School District

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- 5
- Cheese Pizza** 389 cal
 - Teriyaki Chicken 257 cal
 - & Rice 157 cal
 - Banana 86 cal
 - Buttered Broccoli 25 cal
 - Baby Carrots 23 cal

- 6
- 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

- 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

- 8
- 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

9

No menu published

- 12
- 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

- 13
- 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

- 14
- 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

15

No menu published

16

No menu published

- 19
- Cheese Pizza** 389 cal
 - Teriyaki Chicken 257 cal
 - & Rice 157 cal
 - Fresh Pineapple 42 cal
 - Buttered Broccoli 25 cal
 - Baby Carrots 23 cal

- 20
- 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

- 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

- 22
- 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

- 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 150 cal
 - & Homemade Seasoned Rice 160 cal
 - Fresh Pineapple 42 cal
 - Buttered Green Beans 20 cal
 - Baby Carrots 23 cal
 - BBQ Sauce 31 cal

- 27
- 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

- 28
- 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

- 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** 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

EVERY DAY

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

Menu subject to change.