



# Boise School District Liberty Elementary

Lunch · October 2026

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

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

**Chicken Quesadilla** 315 cal  
Cheesy Baked Taquitos 342 cal  
Apple Slices 38 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  
Chocolate Chip Cookie 124 cal

**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  
BBQ Sauce 31 cal

No menu published

**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

**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  
Snickerdoodle Cookie 111 cal

No menu published

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**Cheese Pizza** 389 cal  
Teriyaki Chicken & Rice 257 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  
Snickerdoodle Cookie 111 cal

**Chicken Bites** 245 cal  
Spicy Chicken Bites & Garlic Breadstick 200 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

**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

**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