



LUNCH OCTOBER 2026

Lowell Elementary

Boise School District

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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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

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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

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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

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No menu published

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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

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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

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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

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No menu published

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

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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

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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

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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

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

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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

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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

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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

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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

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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.

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