



LUNCH OCTOBER 2026

Riverglen Jr. High

Boise School District

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

- Crispy Chicken Sandwich 394 cal
- Spicy Chicken Sandwich 377 cal
- Beef Bites 287 cal
- & Garlic Breadstick 100 cal
- Fresh Pineapple 42 cal
- Vegetarian Baked Beans 130 cal
- Celery Sticks 10 cal
- BBQ Sauce 31 cal
- Romaine Lettuce 1 cal
- Slice of Tomato 3 cal

6

- Barbacoa Tacos 312 cal
- Cheese Pizza 389 cal
- Honeydew 31 cal
- Baby Carrots 23 cal
- Garden Salad w/ Ranch 28 cal
- Salsa 10 cal
- Romaine Lettuce 1 cal

7

- Spaghetti w/ Marinara & Mozzarella 247 cal
- Spaghetti w/ Meat Sauce 221 cal
- & Cheesy Breadstick 150 cal
- Barbacoa Baja Bowl 459 cal
- Red Grapes 55 cal
- Buttered Broccoli 25 cal
- Garden Salad w/ Parmesan Vinaigrette 28 cal
- Salsa 10 cal

1

No menu published

2

No menu published

8

- Korean BBQ Chicken Drumstick 185 cal
- & Homemade Seasoned Rice 214 cal
- Cheese Pizza 389 cal
- Barbacoa Baja Bowl 459 cal
- Watermelon 23 cal
- Baby Carrots 23 cal
- Garden Salad w/ Ranch 28 cal

9

No menu published

12

- Chicken Bites 245 cal
- Spicy Chicken Bites 200 cal
- & Garlic Breadstick 100 cal
- Barbacoa 138 cal
- with Bun 140 cal
- Fresh Pineapple 42 cal
- Baby Carrots 23 cal
- Celery Sticks 10 cal
- BBQ Sauce 31 cal

13

- Nacho Toppings 143 cal
- with Chips 304 cal
- Cheese Pizza 389 cal
- Cheesy Baked Taquitos 342 cal
- Cantaloupe 27 cal
- Vegetarian Chili Beans 110 cal
- Garden Salad w/ Ranch 28 cal
- Salsa 10 cal

14

- Chicken Alfredo 271 cal
- & Garlic Breadstick 100 cal
- Toasted Cheese Sandwich 393 cal
- Red Grapes 55 cal
- Buttered Broccoli 25 cal
- Garden Salad w/ Parmesan Vinaigrette 28 cal
- Slice of Tomato 3 cal

15

- Crispy Chicken Salad 464 cal
- Cheese Pizza 389 cal
- Baby Carrots 23 cal
- Garden Salad w/ Ranch 28 cal

16

No menu published

19

- Crispy Chicken Sandwich 394 cal
- Spicy Chicken Sandwich 377 cal
- Beef Bites 287 cal
- & Garlic Breadstick 100 cal
- Fresh Pineapple 42 cal
- Vegetarian Baked Beans 130 cal
- Celery Sticks 10 cal
- BBQ Sauce 31 cal
- Romaine Lettuce 1 cal
- Slice of Tomato 3 cal

20

- Barbacoa Tacos 312 cal
- Cheese Pizza 389 cal
- Honeydew 31 cal
- Baby Carrots 23 cal
- Garden Salad w/ Ranch 28 cal
- Salsa 10 cal
- Romaine Lettuce 1 cal

21

- Spaghetti w/ Mozzarella 239 cal
- Spaghetti w/ Meat Sauce 213 cal
- & Cheesy Breadstick 150 cal
- Barbacoa Baja Bowl 459 cal
- Cantaloupe 27 cal
- Buttered Broccoli 25 cal
- Garden Salad w/ Parmesan Vinaigrette 28 cal
- Salsa 10 cal

22

- Korean BBQ Chicken Drumstick 185 cal
- & Homemade Seasoned Rice 214 cal
- Cheese Pizza 389 cal
- Red Grapes 55 cal
- Baby Carrots 23 cal
- Garden Salad w/ Ranch 28 cal

23

- Stuffed Crust Pizza 310 cal
- Hot Dog 300 cal
- Fish Bites 231 cal
- & Garlic Breadstick 100 cal
- Fresh Mixed Fruit 2 cal
- Fries 111 cal
- Garden Salad w/ Parmesan Vinaigrette 28 cal
- Snickerdoodle Cookie 111 cal
- BBQ Sauce 31 cal

26

- Chicken Bites 245 cal
- Spicy Chicken Bites 200 cal
- & Garlic Breadstick 100 cal
- Barbacoa 138 cal
- with Bun 140 cal
- Fresh Pineapple 42 cal
- Baby Carrots 23 cal
- Celery Sticks 10 cal
- BBQ Sauce 31 cal

27

- Nacho Toppings 143 cal
- with Chips 304 cal
- Cheese Pizza 389 cal
- Cheesy Baked Taquitos 342 cal
- Cantaloupe 27 cal
- Vegetarian Chili Beans 110 cal
- Garden Salad w/ Ranch 28 cal
- Salsa 10 cal

28

- Chicken Alfredo 271 cal
- & Garlic Breadstick 100 cal
- Toasted Cheese Sandwich 393 cal
- Red Grapes 55 cal
- Buttered Broccoli 25 cal
- Garden Salad w/ Parmesan Vinaigrette 28 cal
- Slice of Tomato 3 cal

29

- Crispy Chicken Salad 464 cal
- Cheese Pizza 389 cal
- Honeydew 31 cal
- Baby Carrots 23 cal
- Garden Salad w/ Ranch 28 cal

30

- Nacho Toppings 143 cal
- with Chips 304 cal
- Cheese Tamale 346 cal
- Teriyaki Chicken 257 cal
- & Rice 209 cal
- Fresh Mixed Fruit 2 cal
- Homemade Potato Wedges 140 cal
- Garden Salad w/ Parmesan Vinaigrette 28 cal
- Snickerdoodle Cookie 111 cal
- BBQ Sauce 31 cal
- Romaine Lettuce 1 cal
- Slice of Tomato 3 cal
- Slice of Onion 8 cal

EVERY DAY

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

Menu subject to change.