



LUNCH OCTOBER 2026

Shadow Hills Elementary

Boise School District

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 No menu published				
2 No menu published				
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 & Garlic Breadstick 200 cal Apple Slices 100 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 & Homemade Seasoned Rice 150 cal Watermelon 160 cal Buttered Green Beans 23 cal Baby Carrots 20 cal BBQ Sauce 23 cal 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 & Garlic Breadstick 200 cal Red Grapes 100 cal Buttered Peas & Carrots 55 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 & Homemade Seasoned Rice 150 cal Fresh Pineapple 160 cal Buttered Green Beans 42 cal Baby Carrots 20 cal BBQ Sauce 23 cal 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.

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