



Boise School District

South Jr. High

Lunch · October 2026

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

- 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

No menu published

- 12**
- Chicken Bites** 245 cal
 - Spicy Chicken Bites** 200 cal
 - & Garlic Breadstick** 100 cal
 - Barbacoa with Bun** 138 cal
 - Fresh Pineapple** 140 cal
 - Baby Carrots** 42 cal
 - Celery Sticks** 23 cal
 - BBQ Sauce** 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

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 with Bun** 138 cal
 - Fresh Pineapple** 140 cal
 - Baby Carrots** 42 cal
 - Celery Sticks** 23 cal
 - BBQ Sauce** 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

Served every day

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