



LUNCH

OCTOBER 2026

West Jr. High

Boise School District

Monday

Tuesday

Wednesday

Thursday

Friday

5	
CRISPY CHICKEN SANDWICH	394 cal
Spicy Chicken Sandwich	377 cal
Beef Bites & Garlic Breadstick	287 cal
Fresh Pineapple	42 cal
Vegetarian Baked Beans	130 cal
Baby Carrots	23 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	

12	
CHICKEN BITES	245 cal
Spicy Chicken Bites & Garlic Breadstick	200 cal
Barbacoa with Bun	138 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
Chicken Alfredo & 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 & Garlic Breadstick	287 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/ MARINARA & 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
Korean BBQ Chicken Drumstick & 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
Fish Bites & Garlic Breadstick	100 cal
Fresh Mixed Fruit	2 cal
Fries	111 cal
Garden Salad w/ Parmesan Vinaigrette	28 cal
BBQ Sauce	31 cal

26	
CHICKEN BITES	245 cal
Spicy Chicken Bites & Garlic Breadstick	200 cal
Barbacoa with Bun	138 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
Chicken Alfredo & 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 & Rice	257 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

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