

BREAKFAST OCTOBER 2026

East Valley Middle School

Nampa School District

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5

Pancakes 285 cal

Breakfast Pizza 200 cal

Fresh Apple 95 cal

Verry Berry Juice 60 cal

6

Cinnamon Roll 274 cal

Homestyle Muffin Square 340 cal

Applesauce 51 cal

Grape Juice 80 cal

7

Homestyle Muffin Square 350 cal

Breakfast Pizza 200 cal

Fresh Apple 95 cal

Fruit Punch Juice 60 cal

8

Donut Holes 340 cal

Breakfast Sandwich 218 cal

Diced Peaches CN 57 cal

Apple Juice 60 cal

9

No menu published

12

Pancakes 285 cal

Breakfast Pizza 200 cal

Fresh Apple 95 cal

Verry Berry Juice 60 cal

13

Cinnamon Roll 274 cal

Homestyle Muffin Square 340 cal

Applesauce 51 cal

Grape Juice 80 cal

14

Homestyle Muffin Square 350 cal

Breakfast Pizza 200 cal

Fresh Apple 95 cal

Fruit Punch Juice 60 cal

15

Donut Holes 340 cal

Breakfast Sandwich 218 cal

Diced Peaches CN 57 cal

16

No menu published

19

Pancakes 285 cal

Breakfast Pizza 200 cal

Fresh Apple 95 cal

Verry Berry Juice 60 cal

20

Cinnamon Roll 274 cal

Homestyle Muffin Square 340 cal

Applesauce 51 cal

Grape Juice 80 cal

21

Homestyle Muffin Square 350 cal

Breakfast Pizza 200 cal

Fresh Apple 95 cal

Fruit Punch Juice 60 cal

22

Donut Holes 340 cal

Breakfast Sandwich 218 cal

Diced Peaches CN 57 cal

Apple Juice 60 cal

23

No menu published

26

Pancakes 285 cal

Breakfast Pizza 200 cal

Fresh Apple 95 cal

Verry Berry Juice 60 cal

27

Cinnamon Roll 274 cal

Homestyle Muffin Square 340 cal

Applesauce 51 cal

Grape Juice 80 cal

28

Homestyle Muffin Square 350 cal

Breakfast Pizza 200 cal

Fresh Apple 95 cal

Fruit Punch Juice 60 cal

29

Donut Holes 340 cal

Breakfast Sandwich 218 cal

Diced Peaches CN 57 cal

Apple Juice 60 cal

30

No menu published

EVERY DAY

- Cold Cereal
- Milk 1%
- Skim Milk FF

Menu subject to change.

Menu data from Nampa School District, drawn by schoolmenuapp.com. Menu subject to change. Calories are per serving, as Nampa School District publishes them.

MealViewer