

LUNCH

OCTOBER 2026

East Valley Middle School

Nampa School District

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 No menu published	2 No menu published
5 Chicken Nuggets 230 cal Hamburger 319 cal Chicken Sandwich 370 cal Pepperoni Ripper 270 cal Breadstick 90 cal Broccoli Florets 28 cal Diced Peaches CN 57 cal	6 Soft Shell Taco 361 cal Cheeseburger 357 cal Spicy Chicken Sandwich 330 cal Pizza Hut 340 cal Tortilla Chip 152 cal Buckaroo Beans 158 cal Corn 101 cal Pears CN 66 cal Salsa 10 cal Tapaito Sauce	7 Hot Dog 322 cal Hamburger 319 cal Chicken Sandwich 370 cal Big Daddy Cheese Pizza 361 cal Carrots 32 cal Applesauce 51 cal	8 Macaroni & Cheese 298 cal Cheeseburger 357 cal Spicy Chicken Sandwich 330 cal Pizza Hut 320 cal Breadstick 180 cal Tater Tots 140 cal Mixed Fruit 85 cal	9 No menu published
12 National School Week Corn Dog 2M/2G 243 cal Hamburger 319 cal Chicken Sandwich 370 cal Cheese Ripper 260 cal POTATOES, Sidewinders, 1/2c 140 cal Broccoli Florets 28 cal Diced Peaches CN 57 cal	13 National School Week Nachos 536 cal Cheeseburger 357 cal Spicy Chicken Sandwich 330 cal Pizza Hut 340 cal Breadstick 90 cal Mexican Corn 172 cal Buckaroo Beans 158 cal Pears CN 66 cal Salsa 10 cal Tapaito Sauce	14 National School Week Cowboy Burger 480 cal Chicken Sandwich 370 cal Big Daddy Cheese Pizza 361 cal Carrots 32 cal Mixed Fruit 85 cal	15 National School Week Funnel Cake w/Strawberry 731 cal Hot Dog 322 cal Spicy Chicken Sandwich 330 cal Pizza Hut 320 cal Breadstick 90 cal Tater Tots 140 cal Applesauce 51 cal	16 No menu published
19 Corn Dog 2M/2G 243 cal Hamburger 319 cal Chicken Sandwich 370 cal Galaxy Cheese Pizza 278 cal Broccoli Florets 28 cal Diced Peaches CN 57 cal	20 Burrito 298 cal Cheeseburger 357 cal Spicy Chicken Sandwich 330 cal Pizza Hut 340 cal Breadstick 90 cal Corn 101 cal Buckaroo Beans 158 cal Pears CN 66 cal Salsa 10 cal Tapaito Sauce	21 COOK'S CHOICE MENU Hamburger 319 cal Chicken Sandwich 370 cal Big Daddy Pizza 361 cal Carrots 32 cal Applesauce 51 cal	22 Grilled Cheese Sandwich 428 cal Cheeseburger 357 cal Spicy Chicken Sandwich 330 cal Pizza Hut 320 cal Breadstick 90 cal Tater Tots 140 cal Mixed Fruit 85 cal	23 No menu published
26 Chicken Nuggets 230 cal Hamburger 319 cal Chicken Sandwich 370 cal Pepperoni Ripper 270 cal Breadstick 90 cal Broccoli Florets 28 cal Diced Peaches CN 57 cal	27 Soft Shell Taco 361 cal Cheeseburger 357 cal Spicy Chicken Sandwich 330 cal Pizza Hut 340 cal Breadstick 180 cal Buckaroo Beans 158 cal Corn 101 cal Pears CN 66 cal Salsa 10 cal Tapaito Sauce	28 Hot Dog 322 cal Hamburger 319 cal Chicken Sandwich 370 cal Big Daddy Cheese Pizza 361 cal Carrots 32 cal Applesauce 51 cal	29 Macaroni & Cheese 298 cal Cheeseburger 357 cal Spicy Chicken Sandwich 330 cal Pizza Hut 320 cal Breadstick 90 cal Tater Tots 140 cal Mixed Fruit 85 cal	30 No menu published

EVERY DAY

- Fruit & Veggie Bar
- 1% White Milk
- Skim Milk
- Chocolate 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