

BREAKFAST OCTOBER 2026

Lone Star 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

★ 1

No menu published

★ 2

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