

BREAKFAST

OCTOBER 2026

South Middle School

Nampa School District

Monday

Tuesday

Wednesday

Thursday

Friday

1

No menu published

2

No menu published

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

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 **CINNAMON ROLL** 274 cal
 Homestyle Muffin Square 340 cal
 Applesauce 51 cal
 Grape Juice 80 cal

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 **HOMESTYLE MUFFIN SQUARE** 350 cal
 Breakfast Pizza 200 cal
 Fresh Apple 95 cal
 Fruit Punch Juice 60 cal

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 **DONUT HOLES** 340 cal
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 Diced Peaches CN 57 cal

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 **DONUT HOLES** 340 cal
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30

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Served every day:

 Cold Cereal ·  Milk 1% ·  Skim Milk FF

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