

LUNCH

OCTOBER 2026

South Middle School

Nampa School District

Monday

Tuesday

Wednesday

Thursday

Friday

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

Served every day:

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