

MARCH

MIDDLE SCHOOL MENU 2023

Post Falls School District
Nutrition Services



Mon	Tue	Wed	Thu	Fri
		1 <u>Breakfast</u> Sausage, Egg & Cheese Sandwich <u>Lunch</u> Bagel Lunchable	2 <u>Breakfast</u> Dutch Waffle Sausage Links <u>Lunch</u> Sweet & Sour Chicken Rice Bowl Garlic Toast	3 <u>Breakfast</u> Cinnamon toast Cereal Bar <u>Lunch</u> Cheesy Potato And Ham Soup Garlic Breadstick
6 <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Chicken Patty Sandwich Potato Choice <u>DIG IN TO</u>	7 <u>Breakfast</u> Breakfast Round Yogurt <u>Lunch</u> Crispito Refried Beans <u>NATIONAL</u>	8 <u>Breakfast</u> NEW! Over Night Oats <u>Lunch</u> All Beef Hotdog Sunchips <u>SCHOOL</u>	9 <u>Breakfast</u> Mini Pancakes & Sausage Links <u>Lunch</u> Country Fried Steak Mashed Potato Garlic Breadstick <u>BREAKFAST</u>	10 <u>Breakfast</u> NEW! Breakfast Nacho's <u>Lunch</u> Rib B Q Sandwich Corn on the Cob <u>WEEK!!</u>
13 <u>Breakfast</u> Mini Strawberry Bagel <u>Lunch</u> Corndog	14 <u>Breakfast</u> Banana Bread <u>Lunch</u> Cheesy Pull-Apart Marinara Dipping Sauce	15 <u>Breakfast</u> Breakfast Burrito <u>Lunch</u> Malibu Crispy Chicken Sandwich Pudding cup	16 <u>Breakfast</u> Dutch Waffle Sausage Links <u>Lunch</u> Chicken Drumstick Mashed Potato Dinner Roll	17 <u>Breakfast</u> Cinnamon toast Cereal Bar <u>Lunch</u> Zesty Broccoli Soup Garlic Breadstick
20 <u>Breakfast</u> Cook's Choice <u>Lunch</u> Cook's Choice	21 <u>Breakfast</u> Cook's Choice <u>Lunch</u> Cook's Choice	NO SCHOOL 		
<h1>have a good Spring Break!</h1>				

ALL BREAKFASTS COME WITH FRUIT OR JUICE AND MILK

ALL LUNCHESS COME WITH FRUIT, VEGGIES AND MILK

See our virtual menu on the Nutrition Services homepage at www.pfsd.com for nutrition and allergen information.

<u>Meal Prices:</u>	
Milk—	\$0.50
Breakfast—	\$2.10
Reduced	\$.30
Lunch—	\$3.35
Reduced	\$.40
Adult lunch—	\$4.35

Alternate lunch choices:

Pizza, Sub Sandwich

Large Salads or

Uncrustable Meals



ALL MENUS ARE SUBJECT TO CHANGE

This institution is an equal opportunity provider.