




APRIL

Post Falls School District
Nutrition Services



MIDDLE SCHOOL MENU 2023

| Mon | Tue | Wed | Thu | Fri |
|--|--|--|---|--|
| <p>3 <u>Breakfast</u> Breakfast on a stick</p> <p><u>Lunch</u> Hamburger w/ cheese</p> | <p>4 <u>Breakfast</u> Muffin Variety Yogurt</p> <p><u>Lunch</u> Cheese Pull Apart Marinara Sauce</p> | <p>5 <u>Breakfast</u> Sausage, Egg & Cheese Sandwich</p> <p><u>Lunch</u> Corn dog Baked Chips</p> | <p>6 <u>Breakfast</u> Texas French Toast Sausage Links</p> <p><u>Lunch</u> Turkey & Gravy Mashed Potatoes Dinner Roll Holiday Cookie</p>  | <p>7 <u>Breakfast</u> Cocoa Puff Cereal Bar</p> <p><u>Lunch</u> Chicken & Waffles Baked Chips</p> |
| <p>10 <u>Breakfast</u> Breakfast Pizza</p> <p><u>Lunch</u> Chicken Patty Sandwich Potato Choice</p> | <p>11 <u>Breakfast</u> Whole Grain Blueberry Poptart Yogurt</p> <p><u>Lunch</u> Crispito Salsa Rice</p> | <p>12 <u>Breakfast</u> Over Night Oats</p> <p><u>Lunch</u> All Beef Hotdog Baked Chips</p> | <p>13 <u>Breakfast</u> Mini Pancakes Sausage Links</p> <p><u>Lunch</u> NEW! Mega Meatball Au Gratin Potatoes Green Beans</p> | <p>14 <u>Breakfast</u> Breakfast Nacho's</p> <p><u>Lunch</u> Ham & Turkey Pizza Ripper</p> |
| <p>17 <u>Breakfast</u> Breakfast on a stick</p> <p><u>Lunch</u> Hamburger w/ Cheese Baked Chips</p> | <p>18 <u>Breakfast</u> Muffin Variety Yogurt</p> <p><u>Lunch</u> Bean & Cheese Burrito</p> | <p>19 <u>Breakfast</u> Breakfast Burrito</p> <p><u>Lunch</u> Rib BQ Sandwich Creamy Coleslaw</p> | <p>20 <u>Breakfast</u> Texas French Toast Sausage Links</p> <p><u>Lunch</u> Homemade Cheesy Pinwheel Marinara Sauce</p> | <p>21 <u>Breakfast</u> Cinnamon toast Cereal Bar</p> <p><u>Lunch</u> Malibu Crispy Chicken Sandwich Baked Chips</p> |
| <p>24 <u>Breakfast</u> Breakfast Pizza</p> <p><u>Lunch</u> Chicken Patty Sandwich Potato Choice</p> | <p>25 <u>Breakfast</u> Whole Grain Blueberry Poptart Yogurt</p> <p><u>Lunch</u> Idaho Nacho's Garlic Breadstick</p> | <p>26 <u>Breakfast</u> Over Night Oats</p> <p><u>Lunch</u> Corn Dog Goldfish Crackers</p> | <p>27 <u>Breakfast</u> Mini Pancakes Sausage Links</p> <p><u>Lunch</u> Sweet & Sour Chicken Rice Bowl Garlic Toast</p> | <p>28 <u>Breakfast</u> Breakfast Combo Bar Ham & Cheese</p> <p><u>Lunch</u> Chicken & Waffles</p> |

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.

Meal Prices:

| | |
|--------------|--------|
| 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.

