

# APRIL

Post Falls School District  
Nutrition Services



## HIGH SCHOOL MENU 2023

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

ALL BREAKFASTS COME WITH FRUIT OR JUICE AND MILK

ALL LUNCHESES COME WITH FRUIT, VEGGIES AND MILK

See our virtual menu on the Nutrition Services homepage at [www.pfsd.com](http://www.pfsd.com) for nutrition and allergen information.

Meal Prices:	
Milk—	\$0.50
Breakfast—	\$2.10
Reduced	\$.30
Lunch—	\$3.50
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.*

