



Post Falls School District
Nutrition Services



MIDDLE SCHOOL MENU

2023

Mon	Tue	Wed	Thu	Fri
<p>4</p> <p>LABOR DAY</p>	<p>5</p> <p>Breakfast Mini Strawberry Bagel/ Yogurt</p> <p>Lunch Corn dog Goldfish Crackers</p>	<p>6</p> <p>Breakfast Funky Monkey Parfait</p> <p>Lunch Buffalo Chicken Nachos</p>	<p>7</p> <p>Breakfast Mini Blueberry Waffle, Sausage Links</p> <p>Lunch Chicken Nuggets Scratch Dinner Roll</p>	<p>8</p> <p>Breakfast Egg & Cheese Burrito</p> <p>Lunch Cheeseburger Sunchips</p>
<p>11</p> <p>Breakfast Pancake Wrap on a stick</p> <p>Lunch Chicken Patty Sandwich Animal Cracker</p>	<p>12</p> <p>Breakfast Granola Bar Yogurt</p> <p>Lunch Walking Taco</p>	<p>13</p> <p>Breakfast Breakfast Pizza</p> <p>Lunch Bagel Lunch</p>	<p>14</p> <p>Breakfast French Toast Mini Sausage Links</p> <p>Lunch Cheesy Breadsticks Marinara Sauce Chocolate Chip cookie</p>	<p>15</p> <p>Walk-in lunches available</p> <p>11:00-12:30 at Ponderosa and Seltice Elementary</p>
<p>18</p> <p>Breakfast Breakfast Burrito</p> <p>Lunch Ribbq Sandwich Baked Beans</p>	<p>19</p> <p>Breakfast Poptart Variety Yogurt</p> <p>Lunch Bean & Cheese Burrito</p>	<p>20</p> <p>Breakfast Strawberry Chocolate Over night Oats</p> <p>Lunch Homemade Ham & Cheese Pinwheels</p>	<p>21</p> <p>Breakfast Mini Blueberry Waffle Sausage Links</p> <p>Lunch Sweet & Sour Chicken Rice Bowl</p>	<p>22</p> <p>Walk-in lunches available</p> <p>11:00-12:30 at Ponderosa and Seltice Elementary</p>
<p>25</p> <p>Breakfast Pancake Wrap on a stick</p> <p>Lunch Chicken Patty Sandwich Animal Cracker</p>	<p>26</p> <p>Breakfast Mini Strawberry Bagel /Yogurt</p> <p>Lunch Buffalo Chicken Nachos</p>	<p>27</p> <p>Breakfast Breakfast Pizza</p> <p>Lunch Corn Dog Pudding Cup</p>	<p>28</p> <p>Breakfast French Toast Sticks Sausage Links</p> <p>Lunch Chicken Nuggets Scratch Dinner Roll</p>	<p>29</p> <p>Walk-in lunches available</p> <p>11:00-12:30 at Ponderosa and Seltice Elementary</p>

ALL BREAKFASTS COME WITH FRUIT OR JUICE AND MILK

ALL LUNCHESS COME WITH FRUIT, VEGGIES AND MILK

See the Nutrition Services homepage at www.pfsd.com for more information.

Meal Prices:	
Milk—	\$0.60
Breakfast—	\$2.20
Reduced	\$3.30
Lunch—	\$3.45
Reduced	\$4.40
Adult lunch—	\$4.70

Alternate lunch choices:

Uncrustable PB&J

Large Salad, Pizza

Sub Sandwich



ALL MENUS ARE SUBJECT TO CHANGE

This institution is an equal opportunity provider.