




SEPTEMBER

Post Falls School District
Nutrition Services



HIGH SCHOOL MENU

2023

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

ALL BREAKFASTS COME WITH FRUIT OR JUICE AND MILK

ALL LUNCHESES 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—	\$3.60
Reduced	\$4.40
Adult lunch—	\$4.70

Alternate lunch choices:

Uncrustable PB&J

Pizza ,Sub Sandwich

Build your own Salad



ALL MENUS ARE SUBJECT TO CHANGE

This institution is an equal opportunity provider.