

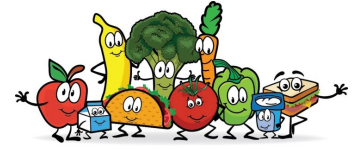


November

ELEMENTARY MENU

2023

Post Falls School District
Nutrition Services



Mon	Tue	Wed	Thu	Fri
		1 Breakfast Overnight Oats Strawberry/ Chocolate Lunch Hot Ham & Cheese Sandwich	2 Breakfast Mini Waffles Sausage Links Lunch Sweet & Sour Meatball Rice Bowl	3 Walk in lunches available Please see PFSD website for details.
6 Breakfast Pancake on a stick Lunch Mac & Cheese And Fish Sticks 	7 Breakfast Muffin Yogurt Lunch Bean & Cheese Burrito Salsa Rice	8 Breakfast Breakfast Pizza Lunch Theme Meal: Mermaids & Pirates 	9 Breakfast Breakfast Sandwich Egg & Cheese Lunch Ribbq Sandwich Sunchips	10 Walk in lunches available Please see PFSD website for details.
13 Breakfast Blueberry Bagel Cream Cheese Lunch Chicken Patty Sandwich Baked Chips	14 Breakfast Nutrigrain Bar Yogurt Lunch Taco Burger Pickle Spear  National Pickle Day	15 Breakfast Ham & Egg Combo Bar w/ Biscuit Lunch Thanksgiving Dinner 	16 Breakfast Dutch Waffle Sausage Links Lunch Pepperoni Pizza Ripper	17 Walk in lunches available Please see PFSD website for details.
20 Breakfast Breakfast Burrito Salsa Lunch Hamburger w/ Cheese	21 Breakfast Poptart Yogurt Lunch Pork Carnita Quesadilla Refried Beans 	22 23 24 		
27 Breakfast Pancake on a stick Lunch Dutch Waffle Sausage Links	28 Breakfast Muffin Yogurt Lunch Hot Dog Sunchips	29 Breakfast Breakfast Pizza Lunch Hot Ham & Cheese Sandwich	30 Breakfast Breakfast Sandwich Egg & Cheese Lunch Sweet & Sour Meatball Rice Bowl Garlic Toast	

**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—	\$0.60
Breakfast—	\$1.95
Reduced	\$.30
Lunch—	\$3.15
Reduced	\$.40
Adult lunch—	\$4.70

**Alternate lunch
choice:**

**Uncrustable
PB&J**

ALL MENUS ARE SUBJECT TO CHANGE

This institution is an equal opportunity provider.