

# November

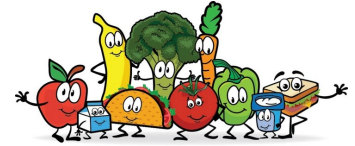








Post Falls School District  
Nutrition Services



## MIDDLE SCHOOL MENU

2023



Mon	Tue	Wed	Thu	Fri
		<b>1</b> <b>Breakfast</b> Over Night Oats Strawberry/ Chocolate <b>Lunch</b> Hot Ham & Cheese Sandwich	<b>2</b> <b>Breakfast</b> Mini Waffles Sausage Links  <b>Lunch</b> Sweet & Sour Chicken Rice Bowl Garlic Toast	<b>3</b> Walk in lunches available Please see PFSD website for details.
<b>6</b> <b>Breakfast</b> Pancake on a stick  <b>Lunch</b> Mac & Cheese Pork Bowl 	<b>7</b> <b>Breakfast</b> Muffin Yogurt  <b>Lunch</b> Bean & Cheese Burrito Salsa Rice	<b>8</b> <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> Hamburger Cowboy Gravy Mashed Potatoes	<b>9</b> <b>Breakfast</b> Breakfast Sandwich Egg, Sausage & Cheese  <b>Lunch</b> Ribbq Sandwich Baked Beans	<b>10</b> Walk in lunches available Please see PFSD website for details.
<b>13</b> <b>Breakfast</b> Blueberry Bagel Cream Cheese  <b>Lunch</b> Chicken Patty Sandwich Baked Chips	<b>14</b> <b>Breakfast</b> Nutrigrain Bar Yogurt  <b>Lunch</b> Taco Burger Pickle Spear  National Pickle Day	<b>15</b> <b>Breakfast</b> Candy Corn Parfait <b>Lunch</b> Thanksgiving Dinner 	<b>16</b> <b>Breakfast</b> Dutch Waffle Sausage Links  <b>Lunch</b> Corndog	<b>17</b> Walk in lunches available Please see PFSD website for details.
<b>20</b> <b>Breakfast</b> Breakfast Burrito Salsa  <b>Lunch</b> Cheeseburger Potato Choice	<b>21</b> <b>Breakfast</b> Poptart Yogurt  <b>Lunch</b> Pork Carnita Quesadilla Refried Beans			
<b>27</b> <b>Breakfast</b> Pancake on a stick  <b>Lunch</b> Chicken Patty Sandwich Baked Chips	<b>28</b> <b>Breakfast</b> Muffin Yogurt  <b>Lunch</b> Hot Dog Baked Chips Homemade cookie	<b>29</b> <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> Hot Ham & Cheese Sandwich	<b>30</b> <b>Breakfast</b> Breakfast Sandwich Egg, Sausage & Cheese  <b>Lunch</b> Sweet & Sour Chicken Rice Bowl Garlic Toast	

**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.

<b>Meal Prices:</b>	
Milk—	\$0.60
Breakfast—	\$2.20
Reduced	\$.30
Lunch—	\$3.45
Reduced	\$.40
Adult lunch—	\$4.70

**Alternate lunch  
choices:**

**Uncrustable  
PB&J, Pizza,**

**Salad or Sub  
Sandwich**

**ALL MENUS ARE SUBJECT TO CHANGE**

*This institution is an equal opportunity provider.*