

November

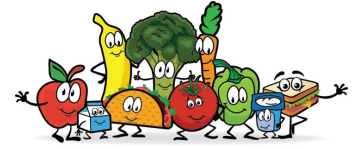


Post Falls School District
Nutrition Services



HIGH SCHOOL MENU

2023



Mon	Tue	Wed	Thu	Fri
		1 Breakfast Over Night Oats Strawberry/ Chocolate Lunch Hot Ham & Cheese Sandwich	2 Breakfast Mini Waffles Sausage Links Lunch Sweet & Sour Chicken Rice Bowl	3 Walk in lunches available Please see PFSD website for details.
6 Breakfast Pancake on a stick Lunch Mac & Cheese Pork Bowl Garlic Toast 	7 Breakfast Muffin Yogurt Lunch Bean & Cheese Burrito Tater Tots	8 Breakfast Breakfast Pizza Lunch Hamburger Cowboy Gravy Mashed Potatoes	9 Breakfast Breakfast Sandwich Egg, Sausage & Cheese Lunch Ribbq Sandwich Baked Beans	10 Walk in lunches available Please see PFSD website for details.
13 Breakfast Breakfast Sausage Dog Lunch Chicken Patty Sandwich Baked Chips	14 Breakfast Nutrigrain Bar Yogurt Lunch Taco Burger Pickle Spear National Pickle Day	15 Breakfast Candy Corn Parfait Lunch Thanksgiving Dinner 	16 Breakfast Dutch Waffle Sausage Links Lunch Corndog	17 Walk in lunches available Please see PFSD website for details.
20 Breakfast Breakfast Burrito Salsa Lunch Hamburger w/ Cheese Potato Choice	21 Breakfast Poptart Yogurt Lunch Pork Carnita Quesadilla Refried Beans 			
27 Breakfast Pancake on a stick Lunch Chicken Patty Sandwich Baked Chips	28 Breakfast Muffin Yogurt Lunch Hot Dog Baked Chips Homemade cookie	29 Breakfast Breakfast Pizza Lunch Hot Ham & Cheese Sandwich	30 Breakfast Breakfast Sandwich Egg, Sausage & Cheese Lunch Sweet & Sour Chicken 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—	\$2.30
Reduced	\$.30
Lunch—	\$3.60
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.