










# October

## ELEMENTARY MENU

2024

Post Falls School District  
Nutrition Services



Mon	Tue	Wed	Thu	Fri
 <b>1</b> <b>Breakfast</b> Poptart Yogurt  <b>Lunch</b> Bean & Cheese Burrito Salsa Rice	<b>2</b> <b>Breakfast</b> Breakfast Sandwich  <b>Lunch</b> Corndog Pudding Cup	<b>3</b> <b>Breakfast</b> Mini Waffle Sausage Links  <b>Lunch</b> Chicken Nuggets Garlic Bread	<b>4</b>	
<b>7</b> <b>Breakfast</b> Cinnamon Toast- Cereal Bar  <b>Lunch</b> Chicken Patty Sandwich Sunchips	<b>8</b> <b>Breakfast</b> Muffin Yogurt  <b>Lunch</b> Beef Taco Goldfish Graham	<b>9</b> <b>Breakfast</b> Scrambled Egg- Bowls  <b>Lunch</b> Homemade Pizza Green Beans	<b>10</b> <b>Breakfast</b> Mini Waffles Sausage Links  <b>Lunch</b> Chicken Drumstick Mashed Potato Dinner Roll	<b>11</b> 
<b>14</b> <b>Breakfast</b> Breakfast Burrito  <b>Lunch</b> Parrot Pirate Ribbq Sandwich 	<b>15</b> <b>Breakfast</b> Breakfast Round Yogurt  <b>Lunch</b> Golden Doubloon Quesadilla	<b>16</b> <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> Treasure Island Hot Dog	<b>17</b> <b>Breakfast</b> French Toast Sticks Sausage Links  <b>Lunch</b> Jolly Rogers Popcorn Chicken & Mac & Cheese	<b>18</b> 
<b>NATIONAL SCHOOL LUNCH WEEK!!</b>				
<b>21</b> <b>Breakfast</b> Pancake Wrap  <b>Lunch</b> Chicken Patty Sandwich	<b>22</b> <b>Breakfast</b> Poptart Yogurt  <b>Lunch</b> Walking Taco	<b>23</b> <b>Breakfast</b> Breakfast Sandwich  <b>Lunch</b> French Toast Sausage Links	<b>24</b> <b>Breakfast</b> Mini Waffle Sausage Links  <b>Lunch</b> Sweet & Sour Meatball Rice Bowl	<b>25</b> 
<b>28</b> <b>Breakfast</b> Cinnamon Toast Cereal Bar  <b>Lunch</b> Cheeseburger	<b>29</b> <b>Breakfast</b> Muffin Yogurt  <b>Lunch</b> Bean & Cheese Burrito Salsa Rice	<b>30</b> <b>Breakfast</b> Scrambled Egg Bowls  <b>Lunch</b> Chicken Nuggets Garlic Bread	<b>31</b> <b>Breakfast</b> Candy Corn Parfait  <b>Lunch</b> Mummy Dogs Fruit Roll up	

**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](http://www.pfsd.com)  
for more information.

**Meal Prices:**

Milk—	\$0.60
Breakfast—	2.05
Reduced	\$3.30
Lunch—	\$3.25
Reduced	\$4.40
Adult lunch—	\$4.95

**Alternate lunch  
choice:**

**Uncrustable**



**ALL MENUS ARE SUBJECT TO CHANGE**

*This institution is an equal opportunity provider.*