

# January

Post Falls School District  
Nutrition Services



## MIDDLE SCHOOL MENU 2023

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9 <b>Breakfast</b> Breakfast Pizza	10 <b>Breakfast</b> Breakfast Round Yogurt	11 <b>Breakfast</b> Breakfast Burrito	12 <b>Breakfast</b> Cinnamon Roll Sausage Links	13 <b>Breakfast</b> Scrambled Egg Bowl
<b>Lunch</b> Corn Dog Mini Pretzel Sticks	<b>Lunch</b> Chicken & Cheese Quesadilla Refried Beans	<b>Lunch</b> Creamy White Chili Cinnamon Roll	<b>Lunch</b> Ribbq Sandwich Corn on the Cob	<b>Lunch</b> Cheese Filled Breadsticks Marinara Sauce
16 	17 <b>Breakfast</b> Breakfast Bread Yogurt	18 <b>Breakfast</b> Ham & Egg Combo Bar with Biscuit	19 <b>Breakfast</b> Berries & Cream Breadstick Sausage Links	20 <b>Breakfast</b> Breakfast Sandwich
	<b>Lunch</b> Crispito Tater Tots	<b>Lunch</b> Hot Ham & Cheese Sandwich Baked Beans	<b>Lunch</b> Chicken Drumstick Potato Salad Dinner Roll	<b>Lunch</b> Chicken & Waffles Hashbrown Patty
23 <b>Breakfast</b> Biscuits & Gravy	24 <b>Breakfast</b> Cereal Bar Yogurt	25 <b>Breakfast</b> Fruit Parfait	26 <b>Breakfast</b> French Toast Sausage Links	27 
<b>Lunch</b> Hamburger with Cheese Baked Chips	<b>Lunch</b> Bean & Cheese Burrito Potato Wedge Homemade Cookie	<b>Lunch</b> BBQ Pulled Pork Sandwich Creamy Coleslaw	<b>Lunch</b> Toasted Cheese Sandwich Tomato Soup	
30 <b>Breakfast</b> Breakfast Pizza	31 <b>Breakfast</b> Breakfast round' Yogurt			
<b>Lunch</b> Corn Dog Baked Chips	<b>Lunch</b> Chicken & Cheese Quesadilla Refried Beans			

**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.

### Meal Prices:

Milk—	\$0.50
Breakfast—	\$2.10
Reduced	\$.30
Lunch—	\$3.35
Reduced	\$.40
Adult lunch—	\$4.35

**Alternate lunch choices:**

**Pizza, Sub Sandwich**

**Large Salads or**

**Uncrustable Meals**



**ALL MENUS ARE SUBJECT TO CHANGE**

*This institution is an equal opportunity provider.*