

# October

## HIGH SCHOOL MENU

2022

Post Falls School District  
Nutrition Services



**ALL BREAKFASTS  
COME WITH FRUIT OR  
JUICE AND MILK**

**ALL LUNCHESES 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—	\$0.50
Breakfast—	\$2.10
Reduced	\$3.30
Lunch—	\$3.50
Reduced	\$4.40
Adult lunch—	\$4.35

Alternate lunch choices:



Pizza, Sub Sandwich

Large Salads, Uncrustable

-or-

GRAB & GO BENTO BOXES



Mon	Tue	Wed	Thu	Fri
<b>3</b> <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> Chicken Patty Sandwich	<b>4</b> <b>Breakfast</b> Muffins Yogurt  <b>Lunch</b> Bean & Cheese Burrito Tater Tots	<b>5</b> <b>Breakfast</b> Mini Cinni Pull Apart  <b>Lunch</b> Sweet & Sour Chicken Rice Bowl	<b>6</b> <b>Breakfast</b> Pancake Sausage Links  <b>Lunch</b> Chicken Nuggets Garlic Bread	<b>7</b> 
<b>10</b> <b>Breakfast</b> Biscuits & Gravy  <b>Lunch</b> Corndog & Baked Chips	<b>11</b> <b>Breakfast</b> Cereal Bar Yogurt  <b>Lunch</b> Buffalo Chicken Dip with Chips	<b>12</b> <b>Breakfast</b> Banana Split Parfait  <b>Lunch</b> Breakfast Sandwich	<b>13</b> <b>Breakfast</b> Dutch Waffle Sausage Links  <b>Lunch</b> Drumstick Mashed Potato Roll	<b>14</b> <b>Breakfast</b> Breakfast Sandwich  <b>Lunch</b> Ribbq Sandwich Baked Chips
<b>17</b> <b>Breakfast</b> Blueberry Bagel String Cheese  <b>Lunch</b> Chicken Patty Sandwich	<b>18</b> <b>Breakfast</b> Breakfast Round Yogurt  <b>Lunch</b> Beef Taco's Refried Beans	<b>19</b> <b>Breakfast</b> Breakfast Burrito  <b>Lunch</b> Homemade Cheese Yummy Square	<b>20</b> <b>Breakfast</b> French Toast Sausage Links  <b>Lunch</b> Hamburger w/ Cheese	<b>21</b> <b>Breakfast</b> Poptart Yogurt  <b>Lunch</b> Beef Hot Dog Baked Chips
<b>24</b> <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> Corndogs Baked Chips	<b>25</b> <b>Breakfast</b> Muffin Yogurt  <b>Lunch</b> Buffalo Chicken Dip with Chips	<b>26</b> <b>Breakfast</b> Mini Cinni Pull Apart  <b>Lunch</b> Hamburger Cowboy Gravy Mashed Potatoes	<b>27</b> <b>Breakfast</b> Ham & Egg Combo Bar w/ Biscuit  <b>Lunch</b> Chicken Nuggets Garlic Bread	<b>28</b> <b>Breakfast</b> Blueberry Bagel Yogurt  <b>Lunch</b> Meatball Sub Sandwich
<b>31</b> <b>Breakfast</b> Biscuits & Gravy  <b>Lunch</b> Chicken Sandwich Holiday Cookie				

**ALL MENUS ARE SUBJECT TO CHANGE**

*This institution is an equal opportunity provider.*