

January

Post Falls School District
Nutrition Services



ELEMENTARY MENU 2023

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
9 Breakfast Breakfast Pizza Lunch Corn Dog Mini Pretzel Sticks	10 Breakfast Breakfast Round Yogurt Lunch Chicken & Cheese Quesadilla Refried Beans	11 Breakfast Breakfast Burrito Lunch Chicken Patty Sandwich Goldfish Crackers	12 Breakfast Cinnamon Roll Sausage Links Lunch Ribbq Sandwich Corn on the Cob	13 Breakfast Scrambled Egg Bowl Lunch Cheese Filled Breadsticks Marinara Sauce
16 	17 Breakfast Breakfast Bread Yogurt Lunch Crispito Salsa Rice	18 Breakfast Ham & Egg Combo Bar with Biscuit Lunch Hot Ham & Cheese Sandwich Baked Beans	19 Breakfast Berries & Cream Breadstick Sausage Links Lunch Chicken Drumstick Potato Salad Dinner Roll	20 Breakfast Breakfast Sandwich Lunch Waffles Sausage Links
23 Breakfast Biscuits & Gravy Lunch Soft Pretzel Cheese Sauce Giant Goldfish Cracker	24 Breakfast Cereal Bar Yogurt Lunch Bean & Cheese Burrito Tater Tots Homemade Cookie	25 Breakfast Fruit Parfait Lunch BBQ Pulled Pork Sandwich Creamy Coleslaw	26 Breakfast French Toast Sausage Links Lunch Hamburger with Cheese Baked Beans	27
30 Breakfast Breakfast Pizza Lunch Corn Dog Mini Pretzel Sticks	31 Breakfast Breakfast round' Yogurt Lunch 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
for nutrition and allergen
information.

Meal Prices:

Milk—	\$0.50
Breakfast—	\$1.85
Reduced	\$.30
Lunch—	\$3.05
Reduced	\$.40
Adult lunch—	\$4.35

Alternate lunch choices:

M/W/F—Uncrustable PB&J

Tu/Th—Cheese Stuffwich

ALL MENUS ARE SUBJECT TO CHANGE

This institution is an equal opportunity provider.