




# January

Post Falls School District  
Nutrition Services



## HIGH SCHOOL MENU 2023

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
<b>Happy New Year!</b>				
9 <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> Corn Dog Mini Pretzel Sticks	10 <b>Breakfast</b> Breakfast Round Yogurt  <b>Lunch</b> Chicken & Cheese Quesadilla Refried Beans	11 <b>Breakfast</b> Breakfast Burrito Hashbrown  <b>Lunch</b> Creamy White Chili Cinnamon Roll	12 <b>Breakfast</b> Cinnamon Roll Sausage Links  <b>Lunch</b> Ribbq Sandwich Corn on the Cob	13 <b>Breakfast</b> Scrambled Egg Bowl  <b>Lunch</b> Chicken Patty Sandwich Potato Choice
16 	17 <b>Breakfast</b> Breakfast Bread Yogurt  <b>Lunch</b> Crispito Tater Tots	18 <b>Breakfast</b> Ham & Egg Combo Bar with Biscuit  <b>Lunch</b> Hot Ham & Cheese Sandwich Baked Beans	19 <b>Breakfast</b> Berries & Cream Breadstick Sausage Links  <b>Lunch</b> Chicken Drumstick Potato Salad Dinner Roll	20 <b>Breakfast</b> Breakfast Sandwich  <b>Lunch</b> Chicken & Waffles Hashbrown Patty
23 <b>Breakfast</b> Biscuits & Gravy  <b>Lunch</b> Hamburger with Cheese Baked Chips	24 <b>Breakfast</b> Cereal Bar Yogurt  <b>Lunch</b> Bean & Cheese Burrito Potato Wedge Homemade Cookie	25 <b>Breakfast</b> Fruit Parfait  <b>Lunch</b> BBQ Pulled Pork Sandwich Creamy Coleslaw	26 <b>Breakfast</b> French Toast Sausage Links  <b>Lunch</b> Toasted Cheese Sandwich Tomato Soup	27 
30 <b>Breakfast</b> Breakfast Pizza  <b>Lunch</b> Corn Dog Baked Chips	31 <b>Breakfast</b> Breakfast round' Yogurt  <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—	\$3.50
Reduced	\$.40
Adult lunch—	\$4.35

Alternate lunch choices:

Pizza, Sub Sandwich

Large Salads, Uncrustable

-or-

GRAB & GO BENTO BOXES

**ALL MENUS ARE SUBJECT TO CHANGE**

*This institution is an equal opportunity provider.*