

MEALS AT THE POST CAFETERIA

The cafeteria at POST serves 3 nutritious meals a day, Monday through Friday.



Meal times are:

- Breakfast - 6:30--8:00 a.m.
- Lunch - 11:30--2:00,
- Dinner - 5:00--6:00 p.m.

Breakfast includes a main entree, hot and fruit, yogurt, toast, muffins, juice, coffee and Examples of the main entree are bacon, and eggs or ham, hash browns, and eggs.



cold cereals, other drinks. French toast



Lunch includes a choice of two main entrees, a selection of cold sandwiches, home-made soup, and salad bar.

Examples of lunch specials are lasagna, chicken stir-fry, and Sloppy Joes.



The dinner meal includes a main entree, a selection of cold sandwiches, soup and salad bar. Examples of dinner meals are pork chops or chicken-fried steak.



Arrangements can be made for meals at the cafeteria to be charged to a department while you are here for training or they can be served on a drop-in basis.

The per diem price for meals is \$18.00/day.

If you do not wish to charge meals directly to your department, the cafeteria accepts cash or checks, but we are unable to accept credit cards.

For information on meals or to make arrangements for charges, please call Karen Weaver at 208-884-7287.