

MARCH 2025

BREAKFAST



School Information: Palestine Grade School
205 S Washington St
Palestine High School
102 N Main St



National School Breakfast Week is March 3 – 7. Check with your school nutrition team to see how you can celebrate National School Breakfast Week at your school this year!



MONDAY

Waffles
Cereal
W/G Toast
Pineapple **3**

TUESDAY

Danish
Cereal
W/G Toast
Pears **4**

WEDNESDAY

Biscuits & Gravy
Cereal
W/G Toast
Oranges **5**

THURSDAY

Cheese Omelet
Cereal
W/G Toast
Peaches **6**

FRIDAY

Pancakes
Cereal
W/G Toast
Applesauce **7**

Eggs & Sausage
Cereal
W/G Toast
Mixed Fruit **10**

Breakfast Burrito
Cereal
W/G Toast
Banana **11**

Breakfast Casserole
Cereal
W/G Toast
Mandarin Oranges **12**

Muffins
Cereal
W/G Toast
Pears **13**

Cinni-Minis
Cereal
W/G Toast
Apple **14**

St. Patrick's Day
Breakfast Pizza
Cereal
W/G Toast
Peaches **17**

French Toast Sticks
Cereal
W/G Toast
Applesauce **18**

Biscuits & Gravy
Cereal
W/G Toast
Pineapple **19**

Danish
Cereal
W/G Toast
Mixed Fruit **20**

Waffles
Cereal
W/G Toast
Oranges **21**

Eggs & Sausage
Cereal
W/G Toast
Pears **24**

Muffins
Cereal
W/G Toast
Banana **25**

Bagels
Cereal
W/G Toast
Peaches **26**

Cheese Omelet
Cereal
W/G Toast
Apple **27**

Pancakes
Cereal
W/G Toast
Mixed Fruit **28**

Pop Tarts
Cereal
W/G Toast
Pineapple **31**



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LUNCH



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March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.



References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

BBQ Chicken on Bun **3**
Sweet Potato Fries
Broccoli
Pineapple

Meatball Sub **10**
Chips
Pepper Strips
Mixed Fruit

St. Patrick's Day **17**
Chicken Tenders
Broccoli & Cheese
Pepper Strips
Peaches

Corn Dog **24**
Green Beans
Pears
Cookie

Ham Sandwich on Bun **31**
Carrots
Chips
Pineapple

TUESDAY

Quesadilla **4**
Corn
Pepper Strips
Pears

Boscoss w/ Marinara **11**
Cucumbers
Bananas
Brownie

Hot Dog **18**
Mac & Cheese
Cucumbers
Applesauce

Hamburger on Bun **25**
Potato Wedges
Cottage Cheese
Banana

WEDNESDAY

Cheese Tortellini Soup **5**
Celery
Carrots
Oranges

Chicken Wrap **12**
Carrots
Mandarin Oranges
Cookie

Pepperoni Pizza **19**
Salad w/ Tomato
Pineapple
Rice Krispy Treat

Horseshoe **26**
Pepper Strips
Peaches
Scooby Snacks

THURSDAY

Chicken Nuggets **6**
Green Beans
Peaches
Scooby Snacks

Tacos **13**
Mexican Corn Salad
Chips & Guacamole
Pears

Chicken Fajitas **20**
Refried Beans
Cheese & Salsa
Mixed Fruit

Chicken Taquitos **27**
Corn
Carrots
Apple

FRIDAY

Fish Patty on Bun **7**
Salad w/ Tomato
Applesauce
Rice Krispy Treat

Fish Nuggets **14**
Garlic Bread
Roasted Broccoli
Apple

Fish Patty on Bun **21**
Baked Beans
Coleslaw
Oranges

Fish Nuggets **28**
Broccoli & Cheese
Sun Chips
Pineapple

