

NOVEMBER 2024

Palestine CUSD #3

BREAKFAST



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



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Nutra-Grain Bars
Cereal
Whole Grain Toast
Mandarin Oranges

4

NO SCHOOL
Election Day

5

Biscuits and Gravy
Cereal
Whole Grain Toast
Peaches

6

Eggs and Sausage
Cereal
Whole Grain Toast
Pears

7

Waffles
Cereal
Whole Grain Toast
Mixed Fruit

8

NO SCHOOL
Veterans Day

11

Cheese Danish
Cereal
Whole Grain Toast
Apples

12

French Toast Sticks
Cereal
Whole Grain Toast
Mandarin Oranges

13

Eggs and Sausage
Cereal
Whole Grain Toast
Mixed Fruit

14

Muffins
Cereal
Whole Grain Toast
Pineapple

15

Biscuits and Gravy
Cereal
Whole Grain Toast
Pears

18

Cinnamon Bagels
Cereal
Whole Grain Toast
Peaches

19

Breakfast Pizza
Cereal
Whole Grain Toast
Apples

20

Cheese Danish
Cereal
Whole Grain Toast
Pineapple

21

Eggs and Sausage
Cereal
Whole Grain Toast
Mixed Fruit

22

Muffins
Cereal
Whole Grain Toast
Apples

25

Biscuits and Gravy
Cereal
Whole Grain Toast
Peaches

26

Cinnamon Rolls
Cereal
Whole Grain Toast
Mixed Fruit

27

NO SCHOOL
Thanksgiving Break

28

NO SCHOOL
Thanksgiving Break

29

National Parfait Day

Early Dismissal @ 2PM

NOVEMBER 2024

Palestine CUSD #3

LUNCH



School Information: Palestine Grade School
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102 N. Main St.



November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.



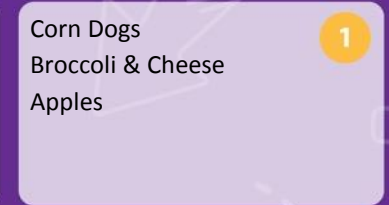
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Meatloaf
Mashed Potatoes
Corn
Whole Grain Roll
Peaches

NO SCHOOL
Election Day

Ham Sandwich
Chips
Broccoli
Mixed Fruit

Chicken Taquitos
Corn
Red Pepper Strips
Apples

Early Dismissal @
11:20 (PGS)
11:30 (PHS)
No Lunch Served

NO SCHOOL
Veterans Day

Pork Nachos
Coleslaw
Baked Beans
Oranges

Chicken Tenders
Broccoli & Cheese
Green Pepper Strips
Peaches

Cheese Pizza
Corn
Pineapple
Rice Krispy Treats

Cheeseburgers on
Whole Grain Bun
Cottage Cheese
French Fries
Apple Sauce

Spaghetti & Meatballs
Salad W/ Tomatoes
Garlic Bread
Pears

Cheese Tortellini Soup
Carrots & Celery
Hot Whole Grain Roll
Pears

Tacos
Corn
Frito Chips
Banana

Country Fried Steak
Mashed Potatoes
Green Beans
Peaches

Bosco Sticks W/
Marinara
Salad W/ Tomatoes
Mandarin Oranges

Salisbury Steak
Mashed Potatoes
Corn
Whole Grain Roll
Peaches
National Parfait Day

Hot Dogs on
Whole Grain Bun
Mac & Cheese
Carrots
Mixed Fruit

Chicken & Noodles
Mashed Potatoes
Corn
Pumpkin Cake
Early Dismissal @ 2PM

NO SCHOOL
Thanksgiving Break

NO SCHOOL
Thanksgiving Break