

DECEMBER 2024

Palestine CUSD #3

BREAKFAST



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



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



MONDAY

Biscuits and Gravy
Cereal
Whole Grain Toast
Pears

2

TUESDAY

Eggs and Sausage
Cereal
Whole Grain Toast
Apple

3

WEDNESDAY

Muffins
Cereal
Whole Grain Toast
Mixed Fruit

4

THURSDAY

Breakfast Pizza
Cereal
Whole Grain Toast
Pineapple

5

FRIDAY

Cinnamon Bagel
Cereal
Whole Grain Toast
Banana

6

Cheese Omelet
Cereal
Whole Grain Toast
Pears

9

Breakfast Burritos
Cereal
Whole Grain Toast
Peaches

10

Eggs and Sausage
Cereal
Whole Grain Toast
Apple
Santa Night 3:30-5 @ PGS

11

Danish
Cereal
Whole Grain Toast
Pears

12

Waffles
Cereal
Whole Grain Toast
Pineapple
National Cocoa Day

13

Biscuits and Gravy
Cereal
Whole Grain Toast
Oranges

16

Cinnamon Bagel
Cereal
Whole Grain Toast
Peaches

17

Pancakes
Cereal
Whole Grain Toast
Pineapple

18

Muffins
Cereal
Whole Grain Toast
Applesauce
PGS Xmas program @ 1pm

19

Nutri-Grain Bars
Cereal
Whole Grain Toast
Pears
Early Dismissal @ 2PM

20

**NO SCHOOL
CHRISTMAS BREAK**

23

**NO SCHOOL
CHRISTMAS BREAK**

24

**NO SCHOOL
CHRISTMAS BREAK**

25

**NO SCHOOL
CHRISTMAS BREAK**

26

**NO SCHOOL
CHRISTMAS BREAK**

27

**NO SCHOOL
CHRISTMAS BREAK**

30

**NO SCHOOL
CHRISTMAS BREAK**

31



DECEMBER 2024

Palestine CUSD #3

LUNCH



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



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.
Reference: USDA MyPlate



MONDAY

Corn Dogs
Glazed Carrots
Pepper Strips
Pears **2**

TUESDAY

Chicken Quesadilla
Corn
Broccoli
Apple **3**

WEDNESDAY

Meatball Sub
Salad w/ Tomatoes
Mixed Fruit **4**

THURSDAY

BBQ Chicken Sandwich
Green Beans
Chips
Pineapple **5**

FRIDAY

Beef Nachos
Refried Beans
Bananas
Scooby Snacks **6**

Ham Sandwich
Sweet Potato Fries
Carrots & Celery
Pears **9**

Cheeseburger on
Whole Grain Bun
French Fries
Cottage Cheese
Peaches **10**

Chicken Tenders
Broccoli & Cheese
Pepper Strips
Apple
Santa Night 3:30-5 @ PGS **11**

Chili Soup
Peanut Butter Sandwich
Carrots
Pears **12**

Pepperoni Pizza
Salad w/ Tomatoes
Pineapple
National Cocoa Day **13**

Chicken Taquitos
Corn
Pepper Strips
Oranges **16**

Chicken Stir Fry
Fried Rice
Stir Fry Vegetables
Peaches **17**

Hot Dog on
Whole Grain Bun
Mac & Cheese
Carrots
Pineapple **18**

Chicken Fajitas
Refried Beans
Cheese & Salsa
Applesauce
PGS Xmas program @ 1pm **19**

Bosco Sticks
Salad w/ Tomatoes
Pears
Cookie
Early Dismissal @ 2PM **20**

NO SCHOOL **23**
CHRISTMAS BREAK

NO SCHOOL **24**
CHRISTMAS BREAK

NO SCHOOL **25**
CHRISTMAS BREAK

NO SCHOOL **26**
CHRISTMAS BREAK

NO SCHOOL **27**
CHRISTMAS BREAK

NO SCHOOL **30**
CHRISTMAS BREAK

NO SCHOOL **31**
CHRISTMAS BREAK

