

JANUARY 2025

PALESTINE CUSD #3

BREAKFAST



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



Nutrition Tip: Happy New Year! If you made a food resolution turn it into a real solution by teaming up with a friend and celebrating your success along the way.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



NO SCHOOL
CHRISTMAS BREAK 1

NO SCHOOL
CHRISTMAS BREAK 2

NO SCHOOL
CHRISTMAS BREAK 3

NO SCHOOL
TEACHERS'
INSTITUTE DAY 6

Biscuits & Gravy
Cereal
W/G Toast
Pears 7

Eggs & Sausage
Cereal
W/G Toast
Pineapple 8

Waffles
Cereal
W/G Toast
Applesauce 9

Danish
Cereal
W/G Toast
Banana 10

Sausage, Egg &
Cheese Biscuit
Cereal
W/G Toast
Mixed Fruit 13

Pancakes
Cereal
W/G Toast
Apple 14

Breakfast Pizza
Cereal
W/G Toast
Oranges 15

Biscuits & Gravy
Cereal
W/G Toast
Pears 16

Muffins
Cereal
W/G Toast
Peaches
Early Dismissal @ 11:20 17

NO SCHOOL
MLK, JR DAY 20

Eggs & Sausage
Cereal
W/G Toast
Pears 21

Bagels
Cereal
W/G Toast
Pineapple 22

Cheese Omelet
Cereal
W/G Toast
Mandarin Oranges 23

Waffles
Cereal
W/G Toast
Peaches 24

Breakfast Pizza
Cereal
W/G Toast
Mixed Fruit 27

Danish
Cereal
W/G Toast
Apple 28

Muffins
Cereal
W/G Toast
Banana 29

Eggs & Sausage
Cereal
W/G Toast
Pineapple 30

Pancakes
Cereal
W/G Toast
Peaches 31

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PALESTINE CUSD #3

LUNCH



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



Nutrition Tip: Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.



Reference: Eat Right

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



NO SCHOOL
CHRISTMAS BREAK

NO SCHOOL
CHRISTMAS BREAK

NO SCHOOL
CHRISTMAS BREAK

NO SCHOOL
TEACHERS'
INSTITUTE DAY

Mini Corn Dogs
Glazed Carrots
Green Peppers
Pears

Horseshoe
Green Beans
Pineapple
Scooby Snacks

Pepperoni Pizza
Salad w/ Tomato
Applesauce
Rice Krispy Treat

Chili Mac
Corn
Banana

Chicken Tenders
Macaroni & Cheese
Pepper Strips
Mixed Fruit

Taco Soup
Carrots & Celery
Apple

Hamburger on Bun
French Fries
Cottage Cheese
Orange

Country Fried Steak
Mashed Potatoes
Corn
Pears

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

NO SCHOOL
MLK, Jr DAY

Spaghetti & Meatballs
Salad w/ Tomato
Garlic Bread
Pears

Boscos w/ Marinara
Green Beans
Pineapple
Cookie

Chicken Taquitos
Corn, Carrots
Mandarin Oranges
Rice Krispy Treat

Sloppy Joes
Chips
Peas
Peaches

BREAKFAST FOR LUNCH
Cheese Omelet
Sausage & Hash Brown
Pepper Strips
Mixed Fruit

Chicken Tenders
Green Beans
Chips
Apple

Hot Dog on a Bun
Baked Beans
Chips
Banana

Pork Nachos
Pepper Strips
Pineapple
Cookie

Chicken Noodle Soup
Carrots & Celery
Peanut Butter Sandwich
Peaches