

APRIL 2024

Palestine CUSD #3

BREAKFAST



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



Nutrition Tip: Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



MONDAY

April Fool's Day

1

**NO SCHOOL
EASTER BREAK**

TUESDAY

Oatmeal
Cereal
W/G Toast
Apple

2

WEDNESDAY

Biscuits & Gravy
Cereal
W/G Toast
Pineapple

3

THURSDAY

Eggs & Sausage
Cereal
W/G Toast
Apple

4

FRIDAY

Danish
Cereal
W/G Toast
Oranges

5

French Toast Sticks
Cereal
W/G Toast
Mixed Fruit

8

Pop Tart
Cereal
W/G Toast
Peaches

9

Biscuits & Gravy
Cereal
W/G Toast
Applesauce

10

Cheese Omelet
Cereal
W/G Toast
Banana

11

Waffles
Cereal
W/G Toast
Pears

12

Eggs & Sausage
Cereal
W/G Toast
Applesauce

15

Breakfast Pizza
Cereal
W/G Toast
Peaches

16

Danish
Cereal
W/G Toast
Pears

17

Bagel
Cereal
W/G Toast
Apple

18

Biscuits & Gravy
Cereal
W/G Toast
Oranges

19

Earth Day
Breakfast Pizza
Cereal
W/G Toast
Pineapple

22

Yogurt Parfaits
Cereal
W/G Toast
Peaches

23

Biscuits & Gravy
Cereal
W/G Toast
Oranges

24

Nutrigrain Bar
Cereal
W/G Toast
Banana

25

Oatmeal
Cereal
W/G Toast
Mixed Fruit

26

Waffles
Cereal
W/G Toast
Applesauce

29

Pop Tart
Cereal
W/G Toast
Pineapple

30

