



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!

BREAKFAST

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Breakfast Pizza
Whole Grain Toast
Cereal
Mandarin Oranges

06

Scrambled Eggs
Sausage Link
Whole Grain Toast
Cereal
Pineapple

07

Cheese Omelet
Whole Grain Toast
Cereal
Applesauce

01

Bagel
Whole Grain Toast
Cereal
Banana

02

French Toast Sticks
Whole Grain Toast
Cereal
Mixed Fruit

03

No School
Columbus Day

13

Breakfast Casserole
Whole Grain Toast
Cereal
Mixed Fruit

14

Biscuits & Gravy
Sausage Link
Whole Grain Toast
Cereal
Banana

15

Cheese Omelet
Whole Grain Toast
Cereal
Oranges

16

Bagel
Whole Grain Toast
Cereal
Pineapple

17

French Toast Sticks
Whole Grain Toast
Cereal
Mandarin Oranges

20

Breakfast Pizza
Whole Grain Toast
Cereal
Pears

21

Waffle
Whole Grain Toast
Cereal
Apple
Early Dismissal 11:20

22

No School
Parent/Teacher
Conferences

23

No School
Parent/Teacher
Conferences

24

Scrambled Eggs
Sausage Link
Whole Grain Toast
Cereal
Mixed Fruit

27

Cinnamon Roll
Whole Grain Toast
Cereal
Mandarin Oranges

28

Oatmeal
Whole Grain Toast
Cereal
Banana

29

Pancake
Biscuit
Whole Grain Toast
Cereal
Oranges

30

Halloween
Oatmeal
Whole Grain Toast
Cereal
Pineapple

31



Palestine Grade School
205 S Washington Street
Palestine High School
102 N Main Street

OCTOBER 2025