

OCTOBER 2024

Palestine CUSD #3

BREAKFAST



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



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!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank breakfast menu card for Monday.

Eggs and Sausage Cereal **1**
Whole Grain Toast
Mixed Fruit

Cheese Danish Cereal **2**
Whole Grain Toast
Apple

Biscuits and Gravy Cereal **3**
Whole Grain Toast
Pineapple

French Toast Sticks Cereal **4**
Whole Grain Toast
Peaches
Cinnamon Roll Day

Breakfast Pizza Cereal **7**
Whole Grain Toast
Bananas

Muffins Cereal **8**
Whole Grain Toast
Pineapple

Cinnamon Bagels Cereal **9**
Whole Grain Toast
Apple

Eggs and Sausage Cereal **10**
Whole Grain Toast
Pineapple

Biscuits and Gravy Cereal **11**
Whole Grain Toast
Apple Sauce

NO SCHOOL **14**
Columbus Day

Cheese Omelet Cereal **15**
Whole Grain Toast
Mixed Fruit

Pancakes Cereal **16**
Whole Grain Toast
Pears

Eggs and Sausage Cereal **17**
Whole Grain Toast
Peaches

Waffles Cereal **18**
Whole Grain Toast
Apples

Biscuits and Gravy Cereal **21**
Whole Grain Toast
Applesauce

Beagles Cereal **22**
Whole Grain Toast
Peaches

Danish Cereal **23**
Whole Grain Toast
Mixed Fruit

NO SCHOOL **24**
Parent/Teacher Conferences

NO SCHOOL **25**
Parent/Teacher Conferences

Waffles Cereal **28**
Whole Grain Toast
Pears
National Chocolate Day

Cheese Omelet Cereal **29**
Whole Grain Toast
Pineapple

Eggs and Sausage Cereal **30**
Whole Grain Toast
Mixed Fruit

Breakfast Pizza Cereal **31**
Whole Grain Toast
Oranges
Halloween



OCTOBER 2024

Palestine CUSD #3

LUNCH



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



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Bosco Sticks W/
Marinara **1**
Green Beans
Mixed Fruit
Dirt Pudding Cup

Sweet & Sour Chicken **2**
Fried Rice
Raw Broccoli
Apple

Ham Sandwich **3**
Sweet Potato Fries
Green Pepper Strips
Pineapple

Sloppy Joes **4**
Chips
Green Beans
Peaches
Cinnamon Roll Day

Chicken Taquitos **7**
Salsa
Corn
Banana

Cheese Tortellini Soup **8**
Celery & Carrots
Whole Grain Roll
Pineapple

Spaghetti & Meatballs **9**
Salad W/ Tomato
Garlic Bread
Apple

Breakfast For Lunch **10**
Breakfast Burritos
Hash brown
Red Pepper Strips
Pineapple

Pepperoni Pizza **11**
Raw Broccoli
Applesauce
Rice Krispy Treats

NO SCHOOL
Columbus Day **14**

Pulled Pork **15**
Mac & Cheese
Green Pepper Strips
Mixed Fruit

Cheeseburger on
Whole Grain Bun **16**
Cottage Cheese
French Fries
Pears

Chicken Tenders **17**
Glazed Carrots
Peaches
Cookie

BBQ Chicken Sandwich **18**
California Blend W/
Cheese
Chips
Apple

Chicken Nuggets **21**
Corn
Red Pepper Strips
Apple Sauce

Salisbury Steak **22**
Mashed Potatoes
Corn
Whole Grain Roll
Peaches

Early Dismissal @
11:20
No Lunch Served **23**

NO SCHOOL
Parent/Teacher
Conferences **24**

NO SCHOOL
Parent/Teacher
Conferences **25**

Horseshoe **28**
Peas
Pears
Scooby-Snacks
National Chocolate Day

Cheese Pizza **29**
Salad W/ Tomatoes
Pineapple
Rice Crispy Treat

Chicken Tenders **30**
Glazed Carrots
Mixed Fruit
Chips

Grilled Cheese **31**
Celery Sticks
Oranges
Cookie
Halloween

