



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.

BREAKFAST

MONDAY



Breakfast Casserole
Whole Grain Toast
Cereal
Banana

03

TUESDAY



Waffle
Whole Grain Toast
Cereal
Oranges

04

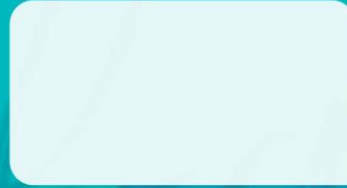
WEDNESDAY



Biscuits & Gravy
Sausage Link
Whole Grain Toast
Cereal
Pineapple

05

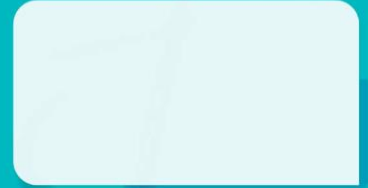
THURSDAY



Cheese Omelet
Whole Grain Toast
Cereal
Pears

06

FRIDAY



Bagel
Whole Grain Toast
Cereal
Peaches

07

French Toast Sticks
Whole Grain Toast
Cereal
Apple

10

Veterans Day
No School

11

Breakfast Pizza
Whole Grain Toast
Cereal
Mandarin Oranges

12

Scrambled Eggs
Sausage Link
Whole Grain Toast
Cereal
Applesauce

13

Pancake
Whole Grain Toast
Cereal
Mixed Fruit

14

Oatmeal
Whole Grain Toast
Cereal
Banana

17

Breakfast Casserole
Whole Grain Toast
Cereal
Oranges

18

Waffle
Whole Grain Toast
Cereal
Pineapple

19

Biscuits & Gravy
Sausage Link
Whole Grain Toast
Cereal
Pears

20

Cheese Omelet
Whole Grain Toast
Cereal
Peaches

21

Bagel
Whole Grain Toast
Cereal
Apple

24

French Toast Sticks
Whole Grain Toast
Cereal
Mandarin Oranges

25

Breakfast Pizza
Whole Grain Toast
Cereal
Applesauce
Early Dismissal 2:00

26

Thanksgiving
No School

27

Thanksgiving Break
No School

28



Palestine Grade School
205 S Washington Street
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NOVEMBER 2025