

MAY 2024

Palestine CUSD #3

BREAKFAST



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



Nutrition Tip: Get started cooking more often at home: If you don't usually cook, start gradually. Make it a goal to cook once a week and work up to cooking more often.

Reference: USDA MyPlate



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Breakfast Casserole
Cereal
W/G Toast
Pineapple

1

Breakfast Pizza
Cereal
W/G Toast
Mixed Fruit

2

Biscuits & Gravy
Cereal
W/G Toast
Apple

3

Eggs & Sausage
Cereal
W/G Toast
Peaches

6

Oatmeal
Cereal
W/G Toast
Pears

7

Danish
Cereal
W/G Toast
Apple

8

Biscuits & Gravy
Cereal
W/G Toast
Banana

9

Cheese Omelet
Cereal
W/G Toast
Oranges

10

French Toast Sticks
Cereal
W/G Toast
Mixed Fruit

13

Eggs & Sausage
Cereal
W/G Toast
Pears

14

Breakfast Pizza
Cereal
W/G Toast
Peaches

15

Mini-Cinnis
Cereal
W/G Toast
Apple

16

Last Day of School!
Biscuits & Gravy
Cereal
W/G Toast
Applesauce

17

Teacher Institute Day
NO SCHOOL
ENJOY YOUR
SUMMER!

20

21

22

23

24

Memorial Day

27

28

29

30

31