

DECEMBER 2023

Palestine CUSD #3

LUNCH



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



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY



TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

Corn Dogs
Glazed Carrots
Pepper Strips
Mixed Fruit

1

Chicken Quesadilla
Corn
Broccoli
Peaches

4

Meatball Sub
Salad
Tomatoes
Oranges

5

BBQ Chicken Sandwich
Green Beans
Chips
Peaches

6

Beef Nachos
Refried Beans
Oranges
Scooby Snacks

7

Ham Sandwich
Sweet Potato Fries
Pepper Strips
Apple

8

Cheeseburger
French Fries
Cottage Cheese
Apple

11

Chicken Tenders
Broccoli & Cheese
Pepper Strips
Banana

12

National Cocoa Day
Chili Soup
Peanut Butter Sandwich
Celery & Carrots

13

Pepperoni Pizza
Salad with Tomato
Pineapple

14

Chicken Taquitos
Corn
Pepper Strips
Pears

15

Chicken Stir Fry
Fried Rice
Stir Fry Vegetables
Mandarin Oranges

18

Hot Dog on Bun
Mac & Cheese
Pepper Strips
Apple

19

Chicken Fajitas
Refried Beans
Cheese & Salsa
Oranges

20

Bosco Sticks
Salad with Tomato
Banana
Cookie

21

Pulled Pork Sandwich
Baked Beans
Coleslaw
Mixed Fruit

22

MERRY CHRISTMAS!
NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL

29