

SEPTEMBER 2023

Palestine CUSD #3

LUNCH



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



September is Whole Grains Month! 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

*milk/water
offered daily

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL
Labor Day

4

Sloppy Joes on
Whole Grain Bun
French Fries
Green Pepper Strips
Apple

5

Chicken Taquitos
Fiesta Salsa
Corn
Cucumber Slices
Oranges

6

Teriyaki Meatballs
with Rice
Roasted Broccoli
Pears

7

Cheese Pizza
Salad with Tomatoes
Banana
Rice Krispy Treat
International Literacy Day

8

Country Fried Steak
Mashed Potatoes
with White Gravy
Green Beans
Roll
Apple

11

Chicken Breast
Sandwich
Chips
Cucumbers
Pineapple

12

Cheeseburger on
Whole Grain Bun
French Fries
Cottage Cheese
Lettuce and Tomato
Pears

13

Hot Dogs on
Whole Grain Bun
Mac & Cheese
Red Pepper Strips
Mixed Fruit

14

Chicken Tenders
Baby Carrots
Ranch Dressing/BBQ
Chips
Cookie
Peaches

15

Fish Patty on Bun
Baked Beans
Creamy Cole Slaw
Oranges

18

Buffalo Chicken Dip
with Celery
Tortilla Chips
Green Beans
Apple Sauce

19

Cheeseburger
Macaroni
Green Beans
Banana
Chocolate Chip Grips

20

Cheese Pizza
Salad with Tomatoes
Corn
Pineapple

21

Meatballs
in Brown Gravy
Au Gratin Potatoes
Roll
Red Pepper Strips
Pears

22

Chicken Nuggets
Glazed Carrots
Apples
Rice Krispy Treat

25

Spaghetti
with Meat Sauce
Breadstick
Salad with Dressing
Cherry Tomatoes
Peaches

26

Turkey & Cheese on
Whole Grain Bun
Chips
Baby Carrots
Peaches
Cookie

27

BBQ Rib Patty
on Whole Grain Bun
Baked Lays
Green Beans
Apple

28

Chicken Fajita
with Shell
Refried Beans
Cheese and Salsa
Oranges

29

World School Milk Day