

# DECEMBER 2023

## Palestine CUSD #3

### BREAKFAST



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



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods.  
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### MONDAY



### TUESDAY

### WEDNESDAY



### THURSDAY

### FRIDAY

Eggs & Sausage  
Cereal  
W/G Toast  
Apple

4

Muffins  
Cereal  
W/G Toast  
Mixed Fruit

5

Breakfast Pizza  
Cereal  
W/G Toast  
Pineapple

6

Cinnamon Bagel  
Cereal  
W/G Toast  
Pears

7

Biscuits & Gravy  
Sausage link  
Cereal  
W/G Toast  
Pears

1

Biscuits & Gravy  
Cereal  
W/G Toast  
Pears

8

Breakfast Burritos  
Cereal  
W/G Toast  
Peaches

11

Eggs & Sausage  
Cereal  
W/G Toast  
Apple

12

**National Cocoa Day**  
Danish  
Cereal  
W/G Toast  
Pears

13

Biscuits & Gravy  
Cereal  
W/G Toast  
Pineapple

14

Cheese Omelet  
Cereal  
W/G Toast  
Oranges

15

Cinnamon Bagel  
Cereal  
W/G Toast  
Mandarin Oranges

18

Eggs & Sausage  
Cereal  
W/G Toast  
Pineapple

19

Muffins  
Cereal  
W/G Toast  
Applesauce

20

Biscuits & Gravy  
Cereal  
W/G Toast  
Pears

21

Cheese Omelet  
Cereal  
W/G Toast  
Peaches

22

25

**MERRY CHRISTMAS!  
NO SCHOOL**

26

**NO SCHOOL**

27

**NO SCHOOL**

28

**NO SCHOOL**

29

**NO SCHOOL**