

# NOVEMBER 2023

## Palestine CUSD #3

### BREAKFAST



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



**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.



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Breakfast Pizza  
W/G Toast  
Cereal  
Applesauce

1

Nutra-Grain Bars  
Cereal  
W/G Toast  
Mandarin Oranges

2

**National Sandwich Day**  
Biscuits & Gravy  
Sausage Link  
W/G Toast & Cereal  
Mixed Fruit

3

Eggs and Sausage  
W/G Toast  
Cereal  
Pears

6

Waffles  
Cereal  
W/G Toast  
Peaches

7

Danish  
Cereal  
W/G Toast  
Applesauce

8

French Toast Sticks  
Cereal  
W/G Toast  
Apple

9

Biscuits & Gravy  
Sausage Link  
Cereal  
W/G Toast  
Applesauce

10

Cheese Omelet  
Cereal  
W/G Toast  
Mixed Fruit

13

Breakfast Pizza  
Cereal  
W/G Toast  
Peaches

14

Muffins  
Cereal  
W/G Toast  
Pineapple

15

Biscuits & Gravy  
Sausage Link  
Cereal  
W/G Toast  
Pears

16

Eggs and Sausage  
Cereal  
W/G Toast  
Peaches

17

Eggs and Sausage  
Cereal  
W/G Toast  
Mixed Fruit

20

Egg & Sausage  
Breakfast Pizza  
Cereal  
W/G Toast  
Apple

21

Cinnamon Bagel  
W/G Toast  
Cereal  
Pears

22

**NO SCHOOL  
THANKSGIVING  
BREAK**

23

**NO SCHOOL  
THANKSGIVING  
BREAK**

24

Waffles  
Cereal  
W/G Toast  
Pears

27

Cinnamon Rolls  
Cereal  
W/G Toast  
Mixed Fruit

28

Eggs and Sausage  
Cereal  
W/G Toast  
Peaches

29

Breakfast Pizza  
Cereal  
W/G Toast  
Pears

30

