

SEPTEMBER 2023

Palestine CUSD #3

BREAKFAST



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



September is National Biscuit Month. Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!

MONDAY

**milk/juice/water
offered daily*

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

NO SCHOOL
Labor Day

4

Waffles
Cereal
Whole Grain Toast
Mixed Fruit

5

Eggs and Sausage
Whole Grain Toast
Peaches

6

Breakfast Pizza
Cereal
Whole Grain Toast
Pineapple

7

NO SCHOOL
LABOR DAY BREAK

1

Biscuits and Gravy
Cereal
Whole Grain Toast
Mixed Fruit
**International Literacy
Day**

8

French Toast Sticks
Cereal
Whole Grain Toast
Peaches

11

Cheese Omelet
Cereal
Whole Grain Toast
Pears

12

Bagels
Cereal
Whole Grain Toast
Banana

13

Pancakes
Cereal
Whole Grain Toast
Peaches

14

Biscuits & Gravy
Cereal
Whole Grain Toast
Apple

15

Eggs and Sausage
Cereal
Whole Grain Toast
Mixed Fruit

18

Waffles
Cereal
Whole Grain Toast
Mandarin Oranges

19

Cheese Danish
Cereal
Whole Grain Toast
Applesauce

20

Biscuits & Gravy
Sausage
Cereal
Whole Grain Toast
Mixed Fruit

21

Pancakes
Cereal
Whole Grain Toast
Peaches

22

Cheese Omelet
Cereal
Whole Grain Toast
Pineapple

25

Nutri-Grain Bars
Cereal
Whole Grain Toast
Applesauce

26

Biscuits & Gravy
Sausage
Cereal
Whole Grain Toast
Apple

27

Bagels
Cereal
Whole Grain Toast
Pears

28

Eggs and Sausage
Cereal
Whole Grain Toast
Mixed Fruit

29

World School Milk Day