

OCTOBER 2023

Palm Bay Academy

8 oz of Milk is served with Breakfast
and Lunch

Lactose free is available upon request

Monday

Build your own **2**
Sloppy Joe
Spring Mix Salad
Ranch
Pineapple

Fried Chicken & Tater Tots **9**
California Vegetables
Applesauce



Teacher work day

Boneless Wings/
Fries **23**
Dinner roll
Celery sticks, Carrots, Ranch
Dressing
Tropical Fruit

Nuggets/ Fries **30**
Corn in the cob
Mixed Fruits

Tuesday

Soft Tacos (Chicken, **3**
WG Tortilla)
Lettuce & Tomatoes, Cheese,
Mexicorn & Salsa
Seasonal Fruit

Chicken & Cheese **10**
Enchiladas, Mexican Rice,
Frijoles
Shredded lettuce and diced toma-
toes
Oranges

Burritos **17**
Cowboy Salad (Mexicorn &
Black beans)
Banana

Quesadilla **24**
Mexican Rice, Frijoles (Pinto
Beans)
Tropical Fruit

Chicken Fajita, Mexican **31**
Rice, Beans
Lettuce, tomatoes, cheese, salsa
Pineapple

Wednesday

Beef Raviolis, Spinach, Onion, **4**
Mushroom
3/4 cup Zucchini
Garlic Bread
Mixed Fruit

Pizza **11**
Carrots & Broccoli/ Ranch
Applesauce

Mozzarella Stick/
Marinara Sauce **18**
Celery/ Carrots w/ ranch
Pineapples

Spaghetti and Meatballs **25**
Garlic Knots,
Green Beans
Pineapple

Thursday

Meatballs and Gravy, Mashed **5**
Potatoes
Green Bean,
Seasonal Fruit

Swedish meatballs **12**
W/ Yellow Rice
Broccoli
Banana

Yellow rice w Pigeon Peas, **19**
baked chicken
Chef Salad
Seasonal Fruits

Meatloaf/Gravy W/ Mashed **26**
Potato
Corn on the cob, Dinner roll
Apple

Friday

Grilled Cheese, **6**
Tomato Soup
Garden Salad/ Ranch
Apple

Chicken/ Beef **13**
Empanadas
Corn on the cob
Mandarin Orange

Turkey & Cheese Sandwich **20**
Carrots/ Celery
Hummus/ Chips
Apple

Hot Dogs, French Fries **27**
Carrots
Apple Sauce

If your child will be late, please inform the cafeteria. By 8:30 am at elementary. By 9:30 am at middle school.

Breakfast is served until 7:30 @ Elementary and 9:30 @ Middle school