

DECEMBER 2023

Palm Bay Academy

8 oz of Milk is served with Breakfast
and Lunch
Lactose free is available



Monday



Tuesday

Wednesday

Thursday

Friday

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

4

Quesadilla
Mexican Rice, Frijoles (Pinto
Beans)

Tropical Fruit

5

Spaghetti and
Meatballs
Garlic Knots, Peas
Pineapple

6

Meatloaf/Gravy
W/ Mashed Potato
Corn on the cob
Apple

7

Turkey & Cheese
Sandwich
Carrots/ Celery Hummus
Apple

1

Nuggets/ Mac N Cheese
Corn in the cob
Mixed Fruits

11

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

12

Pizza
Carrots, Broccoli/ Ranch
Seasonal Fruit

13

Swedish meatballs W/
low Rice
Broccoli
Banana

14

Hot Dogs,
French Fries
Broccoli/ Ranch
Apple Sauce

8

Corn Dogs
Sweet Potato Fries, Car-
rots/ Ranch
Peaches

18

Empanadas
Broccoli/ Ranch
Seasonal Fruit

19

Baked Ziti W/Beef crumbles
Garlic sticks,
Collard Greens
Mandarin oranges

20

Chicken Sandwich, Fries
Coleslaw & Pickle
Pears cup

21

Yogurt, Cheese stick,
WG Crackers, Celery Hummus
Mandarin Orange
**Holiday Vacation
Begins**

22



25



26



27



28



29

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

December 20, 21 & 22 are Early Release days. Dismissal times; 1:15 pm Elementary, 3 pm Middle school