

# APRIL 2023

## Palm Bay Academy

All school breakfasts and  
Lunches are served with  
8 oz of milk.  
Lactose free available when  
medically necessary

### Monday

Corn Dogs **3**  
½ cup Sweet Potato  
Fries, ½ cup Carrots/  
Ranch  
Peaches

Nuggets/ Fries **10**  
Corn in the cob  
Mixed Fruits

Cheeseburger/ Ham **17**  
burger Fries/Pickles, 1  
whole leaf of Romaine  
Lettuce & 2 oz Tomato  
Pears

NO SCHOOL TODAY



**24**

### Tuesday

Haystacks (Ground **4**  
meat, Refried Beans,  
Chips)  
Lettuce, tomatoes,  
cheese, salsa  
Seasonal Fruit

Chicken Fajita, **11**  
Rice, Beans  
Lettuce, tomatoes,  
cheese, salsa  
Pineapple

Burritos **18**  
Cowboy Salad (Mexi-  
corn & Black beans)  
Banana

Quesadilla **25**  
Mexican Rice, Frijoles  
(¾ cup Pinto Beans)  
Tropical Fruit

### Wednesday

Baked Ziti W/Turkey **5**  
Meatballs  
Garlic Sticks, ¾ cup  
Collard Greens  
Mandarin oranges

Pizza **12**  
Carrots, Broccoli/  
Ranch  
Seasonal Fruit

Mozzarella Stick/ Mari- **19**  
nara Sauce  
½ cup Celery/ ½ cup  
Carrots w/ ranch  
Pineapples

Spaghetti and Meat **26**  
balls  
Garlic Knots, ¾ cup  
Peas  
Pineapple

### Thursday

Turkey w/ Gravy **6**  
Yellow Rice  
Potato Salad  
Cookie  
Orange

Salisbury Steak **13**  
W/Gravy  
Hashbrown Casserole,  
WG Dinner roll, Broccoli  
Peaches

Chicken Alfredo **20**  
W/ Broccoli  
Seasonal Fruits

Meatloaf/Gravy W/ **27**  
½ cup Mashed Potato  
¾ cup Green Bean  
Casserole  
Apple

### Friday

NO SCHOOL TODAY **7**



Chicken Salad (onion **14**  
celery, pickles, Roasted  
red pimentos) WG Gy-  
ros/ ¾ cup carrots  
Chips, Peaches

Turkey & Cheese Sand- **21**  
wich  
Carrots/ Celery 4oz of  
Hummus

Hot Dogs, French Fries **28**  
Fresh Broccoli/ Ranch  
Apple Sauce

Breakfast ends at 7:30 am (elementary) and 9:30 am (Middle)  
If your child will be late but needs a lunch, please inform the cafeteria staff.  
WG=Whole Grain