

MARCH 2023

Palm Bay Academy

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

Monday



Boneless Wings/ Fries **5**
Celery sticks, Carrots,
Ranch Dressing
Mixed Fruit

Tuesday

Quesadilla **7**
Mexican Rice W/ Mexi-
corn
Seasonal Fruit

Wednesday

Mozzarella Stick/ **1**
Sauce
Corn on the cob
Pineapples

Spaghetti & **8**
Meatballs
Garlic Knots, Green
Beans
Pineapple

Thursday

Chicken Alfredo W/ **2**
Broccoli
Seasonal Fruits

Meatloaf/Gravy W/ **9**
Mashed Potato
Green Bean Casserole
Apple

Friday

Turkey & Cheese **3**
Sandwich
Carrots/ Celery
Ranch
Apple

Hot Dogs, French Fries **10**
Corn On the cob
Apple Sauce



13



4

SPRING BREAK!

15



16



20

Teacher Work Day/ Stu-
dent Holiday

Soft Tacos (Beef, **21**
WG Tortilla)
Lettuce, Tomatoes,
Cheese, Salsa
Seasonal Fruit

Beef Raviolis, Spinach **22**
Onion, Mushroom
Garlic Bread
Mixed Fruit

Meatballs and Gravy **23**
Mashed Potatoes
Green Bean,
Seasonal Fruit

Grilled Cheese, **24**
Chicken Noodle Soup
Tomato, tossed salad
Apple

Fried Chicken & **27**
Yellow Rice, Beans
Capri Vegetables
Applesauce

Chicken & Cheese **28**
Enchiladas
Spring Mix
Oranges

Pizza **29**
Broccoli/ Ranch
Applesauce

Swedish meatballs **30**
Rice
Broccoli W/ Cheese
Sauce
Apple Sauce

Yogurt, Cheese **31**
stick
WG Crackers
Orange

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