

NOVEMBER 2023

Palm Bay Academy

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

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY
THANKSGIVING

Corn Dogs

Sweet Potato Fries, Carrots/ Ranch
Mandarin

6

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

7

Calzonette,
Cheese and beef pepperoni
pizza
Carrots, broccoli/ Ranch
Seasonal Fruits

1

Orange Chicken
W/Rice & Oriental Vegetables
Oranges

2

Chicken Salad
WG Pita bread
carrots
Chips,
Peaches

3

Baked Ziti W/Beef crumbles
Collard Greens
Mandarin oranges

8

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

9



10

Build your own Sloppy Joe
Spring Mix Salad/ Ranch
Pineapple

13

Soft Tacos/ Salsa
Mexican rice &
Frijoles Lettuce, tomatoes
Seasonal Fruit

14

Pizza
Carrots, Broccoli / Ranch
Applesauce

15

Turkey and Gravy, dressing,
Mashed Potatoes
Green Bean,
Ambrosia

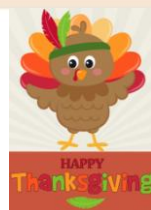
16

Grilled Cheese, Chicken
Noodle Soup
Garden Salad/
Apple

17

Thanksgiving
break
20th-24th

20



21



22



23



24

Cheeseburger
Fries/ Pickles, Romaine Lettuce &
Tomato
Pears

27

Burritos
Cowboy Salad (1/2 cup
Mexicorn & 1/2 cup Black-
beans)
Banana

28

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

29

Rice with black beans,
baked chicken
Chef Salad
Seasonal Fruits

30



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