

**OCTOBER 2024**

Palm Bay Schools

BBQ Riblet Sandwich 36g

French Fries 22g

Baked Beans 29g

Coleslaw 7.5g

Strawberries

Choice of Milk

Double Meat Pizza 30.98g

Romaine Salad 2g

Carrots 1g

Corn on the Cob 17g

Apple Slices 8g

Choice of Milk

Walking Taco’s 20.36g

Lettuce/ Tomato 2.58g

Sour Cream 1g

Refried Beans 25g

Salsa 4.05g

Oranges 11g

Choice of Milk

Beefy Mac 26.14g

WG Roll 14g

Green Beans 4g

Romaine Salad 2g

Carrots 1g

Bananas 19g

Choice of Milk

Chicken Sandwich 38g

French Fries 22g

Baked Beans 29g

Tossed Salad 2g

Blueberries 9g

Choice of Milk

Mini Corndogs 30g

Macaroni and Cheese 27.44g

Baked Beans 29g

Tossed Salad 2g

Carrots 1g

Assorted Fruit

Choice of Milk

Columbus Day-

No School

Pork Carnitas 16.62g

Black Beans 31g

Salsa 4.05g

Sour Cream 1g

Lettuce/Tomato 2.58g

Oranges 11g

Choice of Milk

Manager’s Choice

**National Pasta Day!**

Italian Spaghetti 34.24g

WG Roll 14g

Green Beans 4g

Tossed Salad 2g

Carrots 1g

Applesauce 15g

Choice of Milk

Cheeseburgers 31g

Lettuce/Tomato/Pickle 2.58g

Roasted Potatoes 22g

Carrots 1g

Coleslaw 7.5g

Pears 16g

Choice of Milk

Pepperoni Pizza 30.98g

Broccoli 5g

Tossed Salad 2g

Corn 17g

Pineapples 11g

Choice of Milk

Quesadillas 31g

Lettuce/Tomato 2.58g

Sour Cream 1g

Salsa 4.05g

Refried Beans 25g

Oranges 11g

Choice of Milk

Fajita Chicken Alfredo 55g

WG Roll14g

Tossed Salad 2g

Green Beans 4g

Carrots 1g

Pears 16g

Choice of Milk

Chicken Nuggets 10g

Mashed Potatoes 4g

Brown Gravy 11.21g

Romaine Salad 2g

Broccoli 5g

Apples 8g

Choice of Milk

PLC Day-

No School

Pizza Calzonettes 35g

Romaine Salad 2g

Carrots 1g

Broccoli 5g

Applesauce

Choice of Milk

Fajita Chicken Alfredo 55g

WG Roll14g

Tossed Salad 2g

Green Beans 4g

Carrots 1g

Pears 16g

Choice of Milk

Due to supply chain, we may offer substitutions.

Uncrustables PB&J, Yogurt, Chips, String cheese and fruit offered daily.

Salad Bar offered daily.

Chicken Tenders 14g

Seasoned Rice 51g

Broccoli 5g

Romaine Salad 2g

Corn 17g

Mixed Fruit

Choice of Milk

Italian Spaghetti 34.24g

WG Roll 14g

Green Beans 4g

Tossed Salad 2g

Carrots 1g

Applesauce 15g

Choice of Milk

Chicken Fajita’s 32g

Lettuce/ Tomato 2.58g

Sour Cream 1g

Black Beans 31g

Salsa 4.05g

Peaches 7.5g

Choice of Milk

Walking Taco’s 20.36g

Lettuce/ Tomato 2.58g

Sour Cream 1g

Refried Beans 25g

Salsa 4.05g

Oranges 11g

Choice of Milk

Sweet and Sour Chicken 19.31g

Vegetable Fried Rice 32g

Oriental Vegetables 6g

Romaine Salad 2g

Carrots 1g

Apples 8g

Choice of Milk