

**OCTOBER 2025**

Palm Bay Schools

BBQ Pulled Chicken

on a Bun 35g

Baked Beans 25g

Potato Salad 17.9g

Lettuce/ Sliced Tomatoes

Assorted Fruit

Choice of Milk

Cheese Pizza 21.42g

Romaine Salad 2g

Corn on Cob 17g

Pasta Salad

Apple Slices 8g

Choice of Milk

Beef Empanadas 20g

Re- Fried Beans 17g

Shredded Lettuce/ Diced Tomatoes

Sour Cream

Blueberries

Choice of Milk

Beefy Mac 26.14g

Garlic Bread stick 14g

Romaine Salad 2g

Broccoli 5g

Carrots 1g

Applesauce

Choice of Milk

Baked Chicken 1g

Roasted Potatoes 22g

Baked Beans 25g

Cornbread 25g

Pears

Romaine Salad 2g

Choice of Milk

No School

Columbus Day-

No School

Beefy Nacho's 19.28g

Lettuce/Tomatoes 2.58g

Sour Cream 1g

Salsa 4.05g

Black Bean Salad 21g

Oranges 11g

Choice of Milk

Chicken Alfredo 40.85g

WG Roll 14g

Romaine Salad 2g

Green Beans 29g

Carrots 2g

Apples

Choice of Milk

Sweet and Sour Chicken 19.31g

Vegetable Fried Rice 32g

Vegetable Egg Roll

Romaine Salad 2g

Carrots 1g

Apples 8g

Choice of Milk

Cheeseburgers 33g

Baked Beans 25g

Potato Salad 17.9g

Lettuce/ Sliced Tomatoes

Assorted Fruit

Choice of Milk

Pepperoni Pizza 30.96g

Corn on Cob 17g

Romaine Salad 2g

Pasta Salad

Mixed Berries

Choice of Milk

Taco Queso Bowls 85g

Black Beans 31g

Lettuce/ Diced Tomatoes

Sour Cream

Oranges

Choice of Milk

Baked Ziti 33g

Garlic Knots 27g

Broccoli 5g

Romaine Salad 2g

Apples

Choice of Milk

Grilled Chicken Tenders 1g

Potato Wedges

Green Beans 29g

WG Dinner Roll 14g

Romaine Salad 2g

Strawberries

Choice of Milk

Hot Dog OR Sausage Dog

Reduced Fat Chips

Baked Beans 25g

Coleslaw

Apple Slices

Choice of Milk

Salad Shakers 29g

Croutons

Pesto Pasta Salad 46g

Carrots1g

Craisins

Choice of Milk

Chicken Alfredo 40.85g

WG Roll 14g

Romaine Salad 2g

Green Beans 29g

Carrots 2g

Apples

Choice of Milk

Due to supply chain, we may offer substitutions.

Uncrustables PB&J, Yogurt, String Cheese, Chips,

and Salad Bar are offered daily.

Beef Shepherd’s Pie 21g

Toast 13g

Green Peas

Romaine Salad 2g

Cucumber & Tomato Salad

Assorted Fruit

Choice of Milk

PLC Day-

No School

Chicken Nuggets 10g

Macaroni and Cheese 27.44g

Glazed Carrots 31g

Romaine Salad 2g

Assorted Fruit

Choice of Milk

Cheesy Chicken Quesadilla 21g

Spanish Rice 13.69g

Black Beans 31g

Shredded Lettuce/ Diced Tomatoes

Oranges

Choice of Milk

Spooky Spaghetti 34.42g

Garlic Bread 13g

Romaine Salad 2g

Green Beans 4g

Carrots 1g

Strawberries

Choice of Milk