

Due to supply chain, we may offer substitutions.

Grab & Go Bags and Chef Salads will be available daily.

Grab & Go bags contain Smucker’s Uncrustable Grape PB&J or Yogurt with

Chips, String Cheese, and fruit.

Chicken Nuggets 10g

Mashed Potatoes 4g

Broccoli 5g

Carrots 1g

Tossed Salad 2g

Pears 16g

Choice of Milk

Double Meat Pizza 30.98g

Romaine Salad 2g

Carrots 1g

Corn on the Cob 17g

Apple Slices 8g

Choice of Milk

Thanksgiving Break

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Sausage Dog 43g

French Fries 22g

Lettuce/Tomato 2.58g

Baked Beans 29g

Mixed Fruit

Choice of Milk

Fajita Chicken Pasta 55g

Romaine Salad 2g

Carrots 1g

Black Bean Salad 16.73g

Pineapple 20g

Choice of Milk

Manager’s Choice

Walking Taco’s 20.36g

Lettuce/Tomato 2.58g

Cheese Cup

Salsa 4.05g

Refried Beans 25g

Oranges 11g

Choice of Milk

Veteran’s Day

No School

Thanksgiving Lunch

Turkey OR Ham Sandwich 31.34g

Carrots 1g

Lettuce/Tomato Cup 2.58g

Cheese stick 0g

Chips 20g

Apple Slices 8g

Choice of Milk

Cheese Quesadilla 31g

Lettuce/Tomato 2.58g

Cheese Cup

Salsa 4.05g

Black Beans 31g

Oranges 11g

Choice of Milk

Chicken Sandwich 38g

French Fries 22g

Baked Beans 29g

Tossed Salad 2g

Apples 10.8g

Choice of Milk

Cheese Pizza 31.42g

Romaine Salad 2g

Green Beans 4g

Corn 17g

Mixed Fruit

Choice of Milk

**NOVEMBER 2023**

Palm Bay Schools

Soft Taco’s 20.36g

Lettuce/Tomatoes 2.58g

Cheese Cup

Salsa 4.05g

Black Beans 31g

Oranges 11g

Choice of Milk

Italian Spaghetti 34.4g

Garlic Toast 14g

Green Beans 4g

Tossed Salad 2g

Oranges 11g

Choice of Milk

Sweet and Sour Chicken 19.31g

Vegetable Fried Rice 32g

Oriental Veggies 6g

Romaine Salad 2g

Carrots 1g

Mixed Fruit

Choice of Milk

Manager’s Choice

Cheesy Breadsticks W/

Marinara Sauce 27g

Corn 17g

Tossed Salad 2g

 Apples 10.8g

Choice of Milk