

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 a fruit.

Chicken Tenders 14g

Mashed Potatoes W/

Gravy 4g

Broccoli 5g

Honey Glazed Carrots 1g

Pears 16g

Choice of MIlk

[Enter Menu Details]

Cheesy Breadsticks W/

Marinara Sauce 27g

Corn 17g

Tossed Salad 2g

 Apples 10.8g

Choice of Milk

PLC Day

Menu Items]

Chicken Sandwich 38g

French Fries 22g

Baked Beans 29g

Tossed Salad 2g

Apples 10.8g

Choice of Milk

Fajita Chicken Pasta 55g

Romaine Salad 2g

Carrots 1g

Black Bean Salad 16.73g

Oranges 11g

Choice of Milk

Pepperoni Pizza 30.98g

Romaine Salad 2g

Carrots 1g

Corn on the Cob 17g

Apple Slices 8g

Choice of Milk

 Sausage Dog 43g

French Fries 22g

Lettuce/Tomato 2.58g

Baked Beans 29g

Mixed Fruit

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

Chicken Sandwich 38g

French Fries 22g

Baked Beans 29g

Tossed Salad 2g

Apples 10.8g

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

Lasagna 32g

Garlic Toast 14g

Green Beans 4g

Tossed Salad 2g

Broccoli 5g

Pears 16g

Choice of Milk

Cheese Quesadilla 31g

Lettuce/Tomato 2.58g

Cheese Cup

Salsa 4.05g

Black Beans 31g

Apple Slices 8g

Choice of Milk

Columbus Day

PLC Day

**OCTOBER 2023**

Palm Bay Schools

Chicken Alfredo 40.58g

WG Roll 14g

Broccoli 5g

Romaine 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

Walking Taco’s 20.36g

Lettuce/Tomato 2.58g

Cheese Cup

Salsa 4.05g

Refried Beans 25g

Oranges 11g

Choice of Milk

Manager’s Choice

Spooky Spaghetti 34.4g

Garlic Toast 14g

Green Beans 4g

Tossed Salad 2g

Oranges

Choice of Milk

Cheesy Breadsticks W/

Marinara Sauce 27g

Corn 17g

Tossed Salad 2g

 Apples 10.8g

Choice of Milk