



TRUXTON ACADEMY CHARTER SCHOOL'S NOVEMBER 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Salad Bar Week 10 Chef Salad Ham Boiled Eggs Olives Cucumbers Tomatoes		1 Breakfast: Tropical smoothie w/ granola, 2% or lowfat milk Lunch: Soft Chicken Tacos, corn, Oranges, 2% or chocolate milk	2 Breakfast: Waffles, bananas, 2% or lowfat milk Lunch: "Truxton Bowls" Popcorn chicken, mashed Potatoes, Gravy, Pears, 2% or chocolate milk	3 National Sandwich Day Breakfast: Ham, egg & cheese on English Muffin, Apple juice, 2% or lowfat milk Lunch: Hot Ham and Cheese Sandwich, Tomato soup, Apples, 2% or chocolate milk	4 Breakfast: Fruit & Yogurt Parfait w/ granola, 2% or lowfat milk Lunch: Cheese Pizza, Fresh Fruit, Mixed Vegetables, 2% or chocolate milk
Week 11 Cobb Salad Turkey Boiled Eggs Bacon Bits Cucumbers Tomatoes Carrots	7 Breakfast: Pancakes, Blueberries, 2% or lowfat milk Lunch: Chicken noodle soup, crackers, oranges, 2% or chocolate milk	8 Breakfast: Scrambled eggs, WW Toast, Orange Juice 2% or lowfat milk Lunch: Cheesy Beefy Nachos, Carrots & Celery w/ dip, Pears, 2% or chocolate milk	9 Breakfast: Blueberry Sunshine Smoothie, Granola, 2% or lowfat milk Lunch: Spaghetti & Meatballs, Green Beans, Apples, 2% or chocolate milk	10 NO SCHOOL Parent Teacher Conferences	11 NO SCHOOL 
Week 12 BBQ Chicken Salad BBQ Chicken Boiled Eggs Cucumbers Tomatoes Red Onion Carrots	14 Breakfast: Apple Cinnamon Oatmeal, 2% or lowfat milk Lunch: Chicken Nuggets, Mixed Vegetables, oranges, 2% or chocolate milk	15 Breakfast: Waffles, Bananas, 2% or lowfat milk Lunch: Shredded BBQ Chicken Sandwich, Baked Beans, Apples, 2% or chocolate milk	16 Breakfast: Strawberry Banana smoothie, granola, 2% or lowfat milk Lunch: Macaroni & Cheese, Broccoli, Pears, 2% or chocolate milk	17 Breakfast: Bagels w/ cream cheese, Blueberries, 2% or lowfat Milk Lunch: French Toast Sticks, Sausage, Apples, 2% or chocolate milk	18 Breakfast: Fruit & Yogurt Parfait, Granola, 2% or lowfat milk Lunch: Cheese or Pepperoni Pizza, Carrot Sticks, Fresh Fruit, 2% Or Chocolate milk
Week 13 Chef Salad Ham Boiled Eggs Cucumbers Tomatoes Green Peppers	21 Breakfast: Scrambled eggs, WW toast, Apple juice, 2% or lowfat Milk Lunch: Grilled Cheese sandwich, Tomato Soup, 2% or chocolate milk	22 Breakfast: Waffles, Bananas, 2% or lowfat milk Lunch: Hot Turkey Sandwich, Mashed Potatoes, Carrots, Cinnamon Apples, 2% or chocolate milk **Dessert Served**	23 NO SCHOOL	24 NO SCHOOL 	25 NO SCHOOL
Week 14 Taco Salad Taco Meat Salsa Cheddar Cheese Olives Tomatoes	28 Breakfast: Oatmeal w/ Blueberries, 2% or lowfat milk Lunch: BBQ Chicken Drumsticks, Honey Carrots, Oranges, 2% or chocolate milk	29 Breakfast: Bagels w/ Cream Cheese, Apple Juice, 2% or lowfat Milk Lunch: Sloppy Joes, Peas & Carrots, Pears, 2% or chocolate milk	30 Breakfast: Blueberry Banana Smoothie w/ granola, 2% or lowfat milk Lunch: Cheesy Chicken Broccoli Rice Casserole, Applesauce, 2% or chocolate milk		

