

# TRUXTON ACADEMY SEPTEMBER 2023 MENU

<b>4</b>  <b>NO SCHOOL LABOR DAY</b>	<b>5</b>  <b>COMMUNITY DAY</b> Families invited to bring a picnic lunch	<b>6</b>  <b>Breakfast:</b> Waffles, Blueberry Compote, <b>Maple Syrup</b> , Bananas  <b>Lunch:</b> Meatball Sub, Apples, Honey Carrots	<b>7</b>  <b>Breakfast:</b> Strawberry Banana Smoothie, Granola  <b>Lunch:</b> Pasta Primavera, Fresh Fruit, WW Breadstick	<b>8</b>  <b>Breakfast:</b> <b>Yogurt</b> Parfait, granola, Fresh Fruit  <b>Lunch:</b> Cheese Pizza, Broccoli, Oranges
<b>11</b>  <b>Breakfast:</b> <b>WG Bagel</b> , Cream Cheese, Fresh Fruit  <b>Lunch:</b> Tomato Soup & Grilled Cheese, <b>Apples</b>	<b>12</b>  <b>Breakfast:</b> <b>Apple</b> Cinnamon Oatmeal  <b>Lunch:</b> <b>Beef</b> Soft tacos, Mexican Street <b>Corn</b> , Oranges	<b>13</b>  <b>Breakfast:</b> Blueberry Sunshine Smoothie, Granola  <b>Lunch:</b> French Toast Sticks ( <b>Maple Syrup</b> ), Sausage, Hash Browns, Fruit & Yogurt Parfait	<b>14</b>  <b>Breakfast:</b> <b>Pancakes</b> , <b>Maple Syrup</b> , Blueberries  <b>Lunch:</b> Penne w/ <b>Meat Sauce</b> sauce, WW Bread Stick, Salad, Fresh Fruit	<b>15</b>  <b>Breakfast:</b> <b>Yogurt</b> Parfait, Fresh Fruit, Granola  <b>Lunch:</b> Pepperoni Pizza, Carrots & Dip, Grapes
<b>18</b>  <b>Breakfast:</b> Oatmeal, Blueberries  <b>Lunch:</b> Turkey Subs (Choice of toppings), Carrot/Celery Sticks w/dip, Apples	<b>19</b>  <b>Breakfast:</b> Waffles, Blueberry sauce, <b>Maple Syrup</b>  <b>Lunch:</b> Chicken Quesadillas, Bell Peppers & Hummus, Grapes	<b>20</b>  <b>Breakfast:</b> Scrambled <b>Eggs</b> , WW Toast, Apple Juice  <b>Lunch:</b> Mac & Cheese, Broccoli, Oranges	<b>21</b>  <b>Breakfast:</b> <b>Yogurt</b> Parfait, Granola, Fresh Fruit  <b>Lunch:</b> <b>Beef</b> Sloppy Joe Sandwiches, Baked Beans, <b>Corn</b> on the cob, Applesauce	<b>22</b>  <b>Breakfast:</b> Cold Cereal, Blueberries  <b>Lunch:</b> Cheese Pizza, Green Beans, Fresh Fruit
<b>25</b>  <b>Breakfast:</b> Applesauce Pancakes, <b>Maple Syrup</b> , Orange Juice  <b>Lunch:</b> <b>Corn</b> Chowder, Grilled Cheese, Fresh Fruit	<b>26</b>  <b>Breakfast:</b> Strawberry Banana Smoothie, Granola  <b>Lunch:</b> <b>Beef</b> & Bean Nachos, Mixed Vegetables, Applesauce	<b>27</b>  <b>Breakfast:</b> <b>WG Bagel</b> , Cream Cheese, Fresh Fruit  <b>Lunch:</b> Spaghetti & Meatballs, WW Breadstick, Salad, Fresh Fruit	<b>28</b>  <b>Breakfast:</b> Oatmeal, Fresh Fruit, <b>Maple Syrup</b>  <b>Lunch:</b> Chicken Nuggets, Carrots, Pears	<b>29</b>  <b>Breakfast:</b> <b>Yogurt</b> Parfait, Fresh Fruit, Granola  <b>Lunch:</b> Cheese Pizza <b>Bagels</b> , 3 Bean Salad, Fresh Fruit

Available with every meal: **Trinity Valley Skim or Chocolate Milk**  
 Salad Bar is available every day as an alternative to daily lunch  
 Local Items on menu are **bolded**  
**HARVEST OF THE MONTH: CORN**  
**PLEASE BE SURE TO CHECK YOUR CHILD'S MYSCHOOLBUCKS ACCOUNT**  
**ALL MENUS SUBJECT TO CHANGE**

