

# NS Suzuki School Menu

# July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>^Avocado Toast</p> <p><u>^Macaroni and Three Cheese Pasta</u> w/ Green Beans, ^Housemade Cornbread, Mixed Berry Applesauce</p> <p>Apple Slices w/ <u>Yogurt Dip</u></p>	<p>2</p> <p><u>Banana Maple Parfait</u></p> <p>Apricot Glazed Chicken w/ Cous Cous, Green Peas, ^Warm Pita Bread, and Fresh Fruit Selection (V=Apricot Glazed Tofu)</p> <p><u>Cheese</u> w/ Crackers</p>	<p>3</p> 	<p>4</p> <p>CLOSED FOR INDEPENDENCE DAY BREAK</p>	<p>5</p> 
<p>8</p> <p><u>Blueberries and Cream Oatmeal</u></p> <p>^<u>Four Cheese Ravioli</u> w/ Marinara Sauce, Broccoli, ^<u>Warm Garlic Bread</u>, and Fruit Selection</p> <p><u>Applesauce-Yogurt Swirl</u></p>	<p>9</p> <p>^<u>Breakfast Quesadillas</u></p> <p>Curry Chicken w/ Caribbean Rice and Beans, Carrots, and Fruit Selection (V=Meatless Curry)</p> <p>^<u>Broccoli and Cheese Bites</u></p>	<p>10</p> <p><u>Orange-Peach Smoothie</u></p> <p>^Ground Turkey Taco, Saffron Rice, Sweet Corn w/ Peppers, Fruit Selection (V=^Tofu Crumble Taco)</p> <p>Fresh Guacamole w/ ^Pita Chips</p>	<p>11</p> <p>^<u>Warm Biscuits</u> w/ Jam</p> <p>Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, ^Housemade Cornbread and Fruit Selection</p> <p><b>Watermelon Salad w/ Mint and Lime</b></p>	<p>12</p> <p><u>Cheese Grits</u></p> <p>Ground Turkey Sloppy Joes on ^<u>Warm Rolls</u>, Green Beans, and Fresh Fruit Selection (V=^Tofu Crumble Sloppy Joe)</p> <p>^Warm Pita w/ Hummus</p>
<p>15</p> <p>Cereal Sundaes (<u>yogurt</u>, fruit, and ^Cheerios)</p> <p>^<u>Pasta Primavera</u> w/ ^<u>Warm Garlic Rolls</u> and Fresh Fruit Selection</p> <p>Sunflower Butter w/ ^Crackers</p>	<p>16</p> <p>^<u>French Toast Casserole</u></p> <p><b>Chicken Tikka w/ Peas and Carrots, ^Warm Pita, and Fruit Selection (V=Meatless Chicken Tikka)</b></p> <p>^Warm Soft Pretzels w/ <u>Cheddar Sauce</u></p>	<p>17</p> <p>*Scrambled Eggs</p> <p>^<u>Veggie Tortilla Casserole</u> w/ Green Beans, and Fruit Selection</p> <p>Baked Spiced Peaches w/ <u>Yogurt</u></p>	<p>18</p> <p>^<u>Homemade Morning Glory Bread</u></p> <p>^<u>Tortellini Salad w/ Mozzarella and Tomatoes</u>, Fresh Cucumber Slices, ^<u>Warm Rolls</u>, and Fruit Selection</p> <p>^Housemade Trail Mix</p>	<p>19</p> <p>^<u>Cream of Wheat</u></p> <p>*^<u>Fish Sticks</u> w/ *Housemade Tartar Sauce, Yellow Rice, Broccoli, and Fresh Fruit Selection (V=Veggie Nuggets)</p> <p>Fresh Fruit Selection</p>
<p>22</p> <p>*<u>Three Cheese Frittata</u></p> <p>Texas Style Baked Beans w/ Brown Rice, Sweet Carrots, ^<u>Warm Rolls</u>, and Fruit Selection</p> <p>^Pita Chips w/ <u>Housemade Spinach Dip</u></p>	<p>23</p> <p><u>Yogurt</u> w/ Fresh Fruit</p> <p>Barbecue Chicken w/ Broccoli, ^<u>Warm Rolls</u>, and Fruit Selection (V=Meatless Barbecue Chicken)</p> <p>Homemade Jello w/ Fruit</p>	<p>24</p> <p><u>Peaches and Cream Oatmeal</u></p> <p>^<u>Grilled Cheese Sandwiches</u> w/ Green Peas, Crisp Sweet Potato Fries, and Fruit Selection</p> <p>Apple Slices w/ Sunflower Butter</p>	<p>25</p> <p>^<u>Cheese Toast</u></p> <p>Teriyaki Chicken w/ Brown Rice, Stir Fry Vegetables, and Mixed Berry Applesauce (V=Meatless Teriyaki Chicken)</p> <p>Graham Crackers w/ <u>Housemade Cream Cheese Dip</u></p>	<p>26</p> <p>^<u>Homemade Strawberry Bread</u></p> <p>^<u>Sweet Potato and Black Bean Enchilada Pie</u> w/ Fiesta Rice, Corn Salsa, and Fruit Selection</p> <p>Monkey Munch Trail Mix w/ <u>Yogurt</u></p>
<p>29</p> <p><b>SCHOOL CLOSED FOR TEACHER WORK DAY</b></p>	<p>30</p> <p>Housemade Hash w/ Peppers and Onions</p> <p><u>Broccoli and Cheese Casserole</u> w/ Maple Glazed Carrots, Roasted Corn, Fresh Fruit Selection</p> <p>^Warm Pita w/ Hummus</p>	<p>31</p> <p><u>Blueberry-Pineapple Smoothie</u></p> <p>Lemon-Herb Baked Chicken w/ Brown Rice, Broccoli, ^<u>Warm Rolls</u>, and Fresh Fruit Selection (V=Veggie Patty)</p> <p>^<u>Celebration Chocolate-Zucchini Bread</u></p>		
<p>5</p> <p><b>We offer the following products organic on the menu:</b></p> <ul style="list-style-type: none"> <li>Carrots</li> <li>Broccoli</li> <li>Mixed Berries</li> <li>Cherries</li> <li>Strawberries</li> <li>Fresh Spinach</li> <li>Canned Tomato Products</li> </ul>	<p>6</p> <p><b>Fresh Fruit Selections:</b></p> <ul style="list-style-type: none"> <li>Apple Slices</li> <li>Orange Slices</li> <li>Bananas</li> <li>Melons</li> </ul>	<p>7</p> <p><b>Frozen Fruit Selections:</b></p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Mangos</li> <li>Pineapples</li> <li>Strawberries</li> <li>Tropical Mix</li> <li>Mixed Fruit</li> <li>Mixed Berries</li> <li>Cherries</li> </ul>	<p>8</p> <p><b>5:00pm Snack Options:</b></p> <ul style="list-style-type: none"> <li>Goldfish</li> <li>Graham Crackers</li> <li>Ritz or Club Crackers</li> <li>Vanilla Wafers</li> <li>Animal Cookies</li> <li>Cheex Mix</li> </ul>	<p>9</p> <p><b>Menu Coding:</b></p> <p>V = Vegetarian Entrée Option</p> <p>*Asterisk = May contain eggs</p> <p><u>Underline</u> = May contain dairy</p> <p>^Arrow = May contain Wheat</p> <p>*Some pre-packaged foods and/or ingredients may have been processed in a facility that also processes nut products, and menu items are subject to change.</p>