



AUGUST

THE SUZUKI SCHOOL MENU



Disclaimer: Some prepackaged foods and/or ingredients may have been processed in a facility that also processes nut products, and menu items are subject to change.

MENU CODING:

V=Vegetarian Option

*= May Contain Eggs

Underline=May Contain Dairy

^= May Contain Wheat

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 2-6	SCHOOL CLOSED FOR TEACHER WORK DAY	*Avocado on ^WW Toast <u>^Macaroni and Three Cheese Pasta w/ Buttery Brussel Sprouts</u> and Fresh Fruit Selection Housemade Trail Mix	<u>Cheese Grits</u> ^Turkey Meatloaf w/ Cauliflower Mash, Green Beans, ^ <u>Warm Rolls</u> , and Fruit Selection (V=^Veggie Patty) <u>Yogurt</u> w/ Strawberries	* <u>Baked Blueberry Oatmeal</u> <u>Chicken and Wild Rice Casserole</u> w/ Yellow Squash, ^ <u>Warm Rolls</u> , and Fruit Selection (V= <u>Veg Wild Rice Casserole</u>) ^Pita Chips w/ Hummus	*Scrambled Eggs w/ Salsa Spanish Style Black Beans w/ Brown Rice, Plantains, Vegetable Medley, and Fruit Selection <u>Cheese</u> w/ ^Crackers
AUGUST 9-13	<u>Strawberry-Mango Smoothie</u> ^ <u>Grilled Cheese on WW</u> w/ Green Peas, Sweet Potato Fries, and Fruit Selection Sunbutter w/ ^Crackers	<u>Peaches and Cream Oatmeal</u> Curry Chicken w/ Brown Rice, Broccoli, and Fresh Fruit Selection (V=Meatless Curry) Ants on a Log (Bananas, Sunbutter and Raisins)	<u>Grits w/ Butter</u> ^Spaghetti w/ Turkey Marianara, Roasted Carrots and Fruit Selection (V=Meatless Spaghetti) ^Pita Chips w/ Hummus	* <u>Spinach & Cheese Frittata</u> Vegetable Fried Rice w/ ^ <u>Baked Egg Rolls</u> , Stir Fry Vegetables, and Fruit Selection <u>Cheese</u> w/ Fresh Fruit Selection	Fresh Fruit w/ <u>Yogurt</u> ^ <u>Chicken Nuggets</u> w/ Yellow Rice, Green Beans and Fruit Selection (V=Veggie Nuggets) Guacamole w/ ^Pita Chips
AUGUST 16-20	Breakfast Hash w/ Onions and Peppers ^ <u>Spinach and Kale Pesto Pasta</u> w/ Roasted Carrots and Fresh Fruit Selection ^ <u>Broccoli and Cheese Bites</u>	*^ <u>Whole Grain Pancakes</u> w/ Fruit Selection Chic Pea Curry w/ Steamed Rice, ^Housemade Cornbread and Fruit Selection <u>Cheese</u> w/ ^Crackers	<u>Apple-Cinnamon Oatmeal</u> Texas Style Baked Beans w/ Brown Rice, Vegetable Medley, ^ <u>Warm Rolls</u> , and Fruit Selection Sliced Apples w/ <u>Yogurt</u>	*^ <u>Strawberry Bread</u> Ground Turkey Sloppy Joes on ^ <u>Warm Rolls</u> , Green Beans, and Fruit Selection (V=Meatless Sloppy Joes) Fresh Fruit w/ <u>Cheese</u>	* <u>Three Cheese Frittata</u> Homestyle Chicken w/ Roasted Potatoes, Green Peas, and Fruit Selection (V=^Veggie Patty) Fresh Fruit Selection
AUGUST 23-27	*^ <u>Warm Biscuits</u> w/ Jam *^ <u>Four Cheese Ravioli</u> w/ Marinara Sauce, Green Beans, ^ <u>Garlic Knots</u> , and Fruit Selection Housemade Trail Mix	*^ <u>Veggie Quiche</u> ^Turkey Pot Pie w/ Cauliflower and Baked Apples (V=^Veg. Pot Pie) Spiced Peaches w/ <u>Yogurt</u>	<u>Yogurt</u> w/ Fruit Selection Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, ^ <u>Housemade Cornbread</u> , and Fruit Selection ^ <u>Celebration Berry Cake</u>	* <u>Scrambled Eggs</u> w/ <u>Cheese</u> ^Ground Turkey Tacos w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Roasted Corn and Fruit Selection Guacamole w/ ^Pita Chips	^ <u>Cheese on WW Toast</u> Lemon-Herb Chicken w/ Brown Rice, Broccoli, and Fruit Selection (V=^Veggie Patty) Sliced Apples w/ Sunbutter
AUGUST 30-31	<u>Grits w/ Butter</u> <u>Broccoli & Cheese Casserole</u> w/ Roasted Carrots and Fruit Selection <u>Housemade Spinach Dip</u> w/ ^Pita Chips	<u>Blueberry-Pineapple Smoothies</u> ^ <u>Chili Lime Fish Stick Tacos</u> w/ Mango Salsa, Fiesta Rice, Sweet Corn, and Fruit Selection (V=^Meatless Taco) Sunbutter w/ ^Crackers			

ORGANIC OFFERINGS:

Carrots, Broccoli, Cherries, Strawberries , Spinach

FRESH FRUIT OFFERINGS:

Apple Slices, Orange Smiles, Bananas, Melons (Seasonal)