



# 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	Fresh Fruit  <u>^Macaroni and Three Cheese Pasta w/ Buttery Brussel Sprouts</u> and Fresh Fruit Selection  Housemade Trail Mix	<u>^Cereal w/ Milk</u>  <u>^Turkey Meatloaf w/ Cauliflower Mash, Green Beans, ^Warm Rolls, and Fruit Selection (V=^Veggie Patty)</u>  <u>Yogurt w/ Strawberries</u>	<u>Fruit and Oat Bars</u>  <u>Chicken and Wild Rice Casserole w/ Yellow Squash, ^Warm Rolls, and Fruit Selection (V=^Veg Wild Rice Casserole)</u>  <u>^Pita Chips w/ Hummus</u>	<u>^Fruit Parfaits</u>  Spanish Style Black Beans w/ Brown Rice, Plantains, Vegetable Medley, and Fruit Selection  <u>Cheese w/ ^Crackers</u>
AUGUST 9-13	<u>Strawberry-Mango Smoothie</u>  <u>^Grilled Cheese on WW w/ Green Peas, Sweet Potato Fries, and Fruit Selection</u>  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>  <u>^Spaghetti w/ Turkey Marianara, Roasted Carrots and Fruit Selection (V=Meatless Spaghetti)</u>  <u>^Pita Chips w/Hummus</u>	<u>*Spinach &amp; Cheese Frittata</u>  Vegetable Fried Rice w/ <u>^Baked Egg Rolls, Stir Fry Vegetables, and Fruit Selection</u>  <u>Cheese w/ Fresh Fruit Selection</u>	Fresh Fruit w/ <u>Yogurt</u>  <u>^Chicken Nuggets w/ Yellow Rice, Green Beans and Fruit Selection (V=Veggie Nuggets)</u>  Guacamole w/ ^Pita Chips
AUGUST 16-20	Breakfast Hash w/ Onions and Peppers  <u>^Spinach and Kale Pesto Pasta w/ Roasted Carrots and Fresh Fruit Selection</u>  <u>^Broccoli and Cheese Bites</u>	<u>*^Whole Grain Pancakes w/ Fruit Selection</u>  Chic Pea Curry w/ Steamed Rice, ^Housemade Cornbread and Fruit Selection  <u>Cheese w/ ^Crackers</u>	<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 w/ Jam</u>  <u>^Four Cheese Ravioli w/ Marinara Sauce, Green Beans, ^Garlic Knots, and Fruit Selection</u>  Housemade Trail Mix	<u>*^Veggie Quiche</u>  <u>^Turkey Pot Pie w/ Cauliflower and Baked Apples (V=^Veg. Pot Pie)</u>  Spiced Peaches w/ <u>Yogurt</u>	<u>Yogurt w/ Fruit Selection</u>  Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, <u>^Housemade Cornbread</u> , and Fruit Selection  <u>^Celebration Berry Cake</u>	<u>*Scrambled Eggs w/ Cheese</u>  <u>^Ground Turkey Tacos w/ Cheddar Sprinkles, Saffron Rice, Roasted Corn and Fruit Selection</u>  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 &amp; Cheese Casserole w/ Roasted Carrots and Fruit Selection</u>  <u>Housemade Spinach Dip w/ ^Pita Chips</u>	<u>Blueberry-Pineapple Smoothies</u>  <u>^Chili Lime Fish Stick Tacos w/ Mango Salsa, Fiesta Rice, Sweet Corn, and Fruit Selection (V=^Meatless Taco)</u>  Sunbutter w/ ^Crackers			

**ORGANIC OFFERINGS:**  
Carrots, Broccoli, Cherries, Strawberries, Spinach

**FRESH FRUIT OFFERINGS:**  
Apple Slices, Orange Smiles, Bananas, Melons (Seasonal)