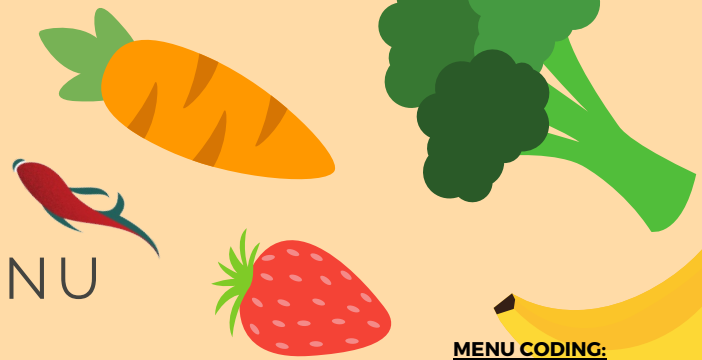




# OCTOBER

## 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
OCTOBER 1					<u>Pumpkin Spiced 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
OCTOBER 4-8	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>	*Avocado on ^WW Toast  <u>Macaroni and Three Cheese Pasta</u> w/ <u>Buttery Brussel Sprouts</u> and Fresh Fruit Selection  Housemade Trail Mix	<u>Grits w/ Butter</u>  ^Spaghetti w/ Turkey Marianara, Roasted Carrots and Fruit Selection (V=Meatless Spaghetti)  Sliced Apples w/ <u>Yogurt</u>	* <u>Spinach &amp; Cheese Frittata</u>  Vegetable Fried Rice w/ ^Baked Egg Rolls, 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
OCTOBER 11-15	<b>SCHOOL CLOSED FOR INDIGENOUS PEOPLE'S DAY</b>	*^ <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  ^Pita Chips w/ Hummus	*^ <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
OCTOBER 18-22	*^ <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 Pumpkin 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
OCTOBER 25-29	*Scrambled Eggs w/ Salsa  <u>Broccoli &amp; 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	^Cereal w/ <u>Milk</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>Cheese Grits</u>  ^Turkey Meatloaf w/ <u>Cauliflower Mash</u> , Green Beans, ^ <u>Warm Rolls</u> , and Fruit Selection (V=^Veggie Patty)  <u>Yogurt</u> w/ Strawberries

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

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