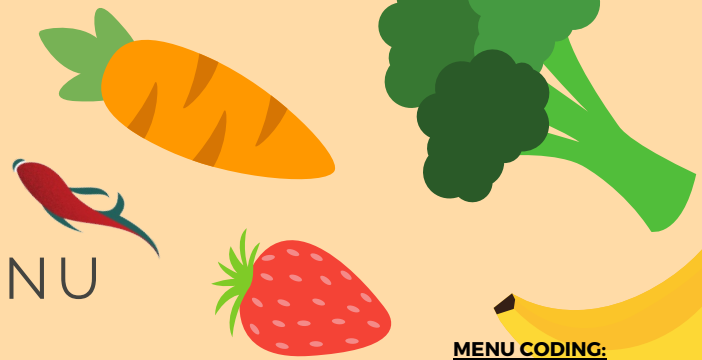




OCTOBER

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 & 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	^Cereal w/ <u>Milk</u> ^ <u>Fish Sticks</u> w/ <u>Housemade Tartar Sauce</u> , Broccoli, ^Warm Rolls, and Fruit Selection Sunbutter w/ ^Crackers	*^ <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/ Cheese ^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	<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	^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)