



# NOVEMBER

## 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	
NOVEMBER 1-5	<p><u>Blueberry-Banana Smoothies</u></p> <p>^Pasta Primavera w/ Green Beans, ^<u>Garlic Knots</u> and Fruit Selection</p> <p>Apple Slices w/ <u>Yogurt</u></p>	<p>Breakfast Hash w/ Peppers and Onions</p> <p>Spanish Style Black Beans w/ Saffron Rice, Plantains and Fresh Fruit Selection</p> <p>Guacamole w/ ^Pita Chips</p>	<p>*<u>Scrambled Eggs w/ Cheese</u></p> <p>Turkey Chili w/ Carrots, ^<u>Housemade Cornbread</u>, and Fruit Selection (V= Meatless Chili)</p> <p>^Housemade Trail Mix</p>	<p>*^<u>Orange-Cranberry Bread</u></p> <p>^<u>Grilled Cheese on WW Bread</u> w/ Sweet Potato Fries, Broccoli, and Fruit Selection</p> <p>Sliced Apples w/ Sunbutter</p>	<p><u>Yogurt</u> w/ Fresh Fruit</p> <p>Homestyle Chicken w/ Gravy, Garlic Roasted Potatoes, Peas and Carrots, and Fresh Fruit Selection (V= ^Veggie Patty)</p> <p><u>Cheese</u> w/ ^Crackers</p>	
NOVEMBER 8-12	<p><u>Peaches and Cream Oatmeal</u></p> <p><u>Broccoli and Cheese Casserole</u> w/ Yellow Squash and Fruit Selection</p> <p><u>Berry Yogurt Dip</u> w/ ^Graham Crackers</p>	<p>^^<u>Whole Grain Pancakes</u> w/ Fruit Selection</p> <p>^<u>Four Cheese Ravioli</u> w/ Turkey Bolognese, Green Beans, and Fruit Selection (V= Ravioli w/ Marinara)</p> <p><u>Broccoli and Cheese Bites</u></p>	<p>*<u>Three Cheese Frittata</u></p> <p>Louisiana Style Red Beans, Brown Rice, Vegetable Medley, ^<u>Housemade Cornbread</u> and Fruit Selection</p> <p>Sunbutter w/ ^Crackers</p>	<p><u>Grits w/ Butter</u></p> <p>^<u>Chicken Nuggets</u> w/ Yellow Rice, <u>Buttered Peas</u>, and Fresh Fruit Selection (V= Veggie Nuggets)</p> <p>Baked Cinnamon Apples</p>	<p>Avocado on ^WW Toast</p> <p>Vegetable Fried Rice w/ ^Baked Egg Rolls, Stir Fry Vegetables, and Fruit Selection</p> <p>Fresh Fruit w/ <u>Cheese</u></p>	
NOVEMBER 15-19	<p>^<u>Warm Biscuits</u> w/ Jam</p> <p>Chickpea Curry w/ Brown Rice, Vegetable Medley, ^Warm Pita, and Fruit Selection</p> <p><u>Housemade Spinach Dip</u> w/ ^Pita Chips</p>	<p><u>Pumpkin-Spiced Oatmeal</u></p> <p><u>Turkey and Wild Rice Casserole</u> w/ Cauliflower, Carrots, and Fruit Selection (V= <u>Meatless Wild Rice Casserole</u>)</p> <p>Fresh Fruit</p>	<p>Fresh Fruit w/ <u>Yogurt</u></p> <p>^<u>Macaroni and Three Cheese Pasta</u> w/ Roasted Brussel Sprouts and Fresh Fruit Selection</p> <p>^<u>Lemon-Blueberry Celebration Cake</u></p>	<p>*^<u>Spinach &amp; Cheese Quiche</u></p> <p>^<u>Chili Lime Fish Stick Tacos</u> w/ Mango Salsa, Yellow Rice, Fiesta Corn and Fruit Selection (V= ^Meatless Tacos)</p> <p>^Fruity Trail Mix</p>	<p><u>Grits w/ Cheese</u></p> <p>^<u>Spinach and Kale Pesto Pasta</u> w/ Carrots, ^<u>Warm Rolls</u>, and Fruit Selection</p> <p>Ants on a Log (Bananas, Sunbutter, Raisins)</p>	
NOVEMBER 22-26	<p>^Cheerios w/ <u>Milk</u></p> <p>^<u>Cheese Quesadillas</u> w/ Fiesta Rice, Southwestern Corn, and Fruit Selection</p> <p>Guacamole w/ ^Pita Chips</p>	<p><u>Cranberry Oatmeal</u></p> <p>Roasted Chicken w/ Dressing, Green Beans, ^^Warm Rolls, and Fruit Selection (V= ^Veggie Patty)</p> <p>Cinnamon Baked Peaches</p>	<p><b>School Closed for Thanksgiving Break</b></p>			
NOVEMBER 29-30	<p><u>Blueberry Oatmeal</u></p> <p>^<u>Alfredo Pasta</u> w/ Broccoli, Carrots, ^<u>Garlic Bread Sticks</u> and Fruit Selection</p> <p>Hummus w/ ^Pita Chips</p>	<p>*<u>Scrambled Eggs</u> w/ Salsa</p> <p>^<u>Fish Sticks</u> w/ <u>Housemade Tartar Sauce</u>, Potato Wedges, Vegetable Medley and Fruit Selection (V= ^Veggie Patty)</p> <p>Fresh Fruit w/ <u>Cheese</u></p>				

**ORGANIC OFFERINGS:**

**Carrots, Broccoli, Cherries, Strawberries, Spinach**

**FRESH FRUIT OFFERINGS:**

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