

# 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 1-5   | <p><u>Blueberry-Pineapple Smoothie</u></p> <p>*<u>Broccoli + Cheese Casserole</u> w/ Maple Glazed Carrots, Roasted Corn, and Fruit Selection</p> <p>Sunbutter w/ ^Crackers</p>        | <p>^<u>Baked Cinnamon Apple Crumble</u></p> <p>^Ground Turkey Taco w/ <u>Cheddar Sprinkles</u>, Saffron Rice, Sweet Corn w/ Peppers, and Fruit Selection (V= ^Tofu Tacos)</p> <p>Fresh Guacamole w/ ^Pita Chips</p> | <p>^Avocado Toast</p> <p>^<u>Pasta Primavera</u> w/ Green Peas, ^<u>Warm Rolls</u>, and Fresh Fruit Selection</p> <p><u>Applesauce-Yogurt Swirl</u></p>  | <p>^<u>Cream Cheese Toast</u> w/ Fresh Fruit</p> <p>^<u>Fish Sticks</u> w/ *Housemade Tartar Sauce, Yellow Rice, Broccoli, and Fresh Fruit Selection (V= *Veggie Nuggets)</p> <p>Watermelon Salad w/ Mint and Lime</p> | <p><u>Yogurt</u> w/ Fresh Fruit</p> <p>Peachy Barbeque Chicken w/ Garlic Green Beans, ^<u>Warm Rolls</u> and Fruit Selection</p> <p>Fresh Fruit Selection</p>                          |
| AUGUST 8-12  | <p>^^<u>Veggie Quiche</u></p> <p>^Roasted Vegetable Pasta w/ Marinara, Sweet Carrots, ^<u>Warm Rolls</u>, and Fruit Selection</p> <p>^Warm Pretzels w/ Cheddar Sauce</p>              | <p>^<u>Cheese Toast</u></p> <p><u>Chicken Tikka</u> w/ Brown Rice, Green Peas, and Fruit Selection (V= ^Veggie Patty)</p> <p>Roasted Corn Salsa w/ ^Pita Chips</p>  | <p><u>Cinnamon-Raisin Oatmeal</u></p> <p><u>Macaroni + Three Cheese Pasta</u> w/ Maple Glazed Brussel Sprouts and Mixed Berry Applesauce</p> <p>^<u>Homemade Banana Bread</u></p>                | <p>^Sunbutter Toast w/ Fresh Bananas</p> <p>Veggie Fried Rice w/ *<u>Baked Egg Rolls</u>, Stir Fry Vegetables, and Fresh Fruit Selection</p> <p>^*<u>Broccoli + Cheese Bites</u></p>                                   | <p><u>Cheese Grits</u></p> <p>^<u>Chicken Nuggets</u> w/ Peas and Carrots, ^<u>Warm Rolls</u>, and Fruit Selection (V=*Veggie Nuggets)</p> <p>^Housemade Trail Mix</p>                 |
| AUGUST 15-19 | <p>*<u>Scrambled Eggs</u> w/ <u>Cheese</u></p> <p>^<u>Spinach and Kale Pesto Pasta</u> w/ Sweet Carrots, ^<u>Warm Rolls</u>, and Fruit Selection</p> <p>Fresh Fruit Selection</p>     | <p>^<u>Warm Biscuits</u> w/ Jam</p> <p><u>Turkey Tortilla Casserole</u> w/ Green Beans and Fruit Selection (V= Meatless Tortilla Casserole)</p> <p>^^<u>Homemade Berry Bread</u></p>                                | <p>Housemade Hash w/ Peppers and Onions</p> <p>^<u>Grilled Cheese Sandwiches</u> w/ Green Peas, Sweet Potato Fries, and Fresh Fruit Selection</p> <p>Baked Spiced Apples w/ <u>Yogurt</u></p>    | <p><u>Blueberries and Cream Oatmeal</u></p> <p>^<u>Chicken Alfredo Pasta</u> w/ Broccoli, ^<u>Warm Rolls</u>, and Fruit Selection (V=Veg Alfredo)</p> <p>Black Bean Hummums w/ ^Crackers</p>                           | <p><u>Yogurt</u> w/ Fresh Fruit</p> <p>Texas Style Baked Beans w/ Brown Rice, Sweet Carrots, ^<u>Warm Rolls</u>, and Fruit Selection</p> <p>Fresh Fruit w/ <u>Cheese</u></p>           |
| AUGUST 22-26 | <p><u>Green Smoothies</u></p> <p>Ratatouille w/ Brown Rice, Green Peas, ^<u>Warm Rolls</u>, and Fruit Selection</p> <p>Fresh Bananas w/ Graham Crackers</p>                           | <p>^Multigrain Cheerios w/ Fresh Fruit</p> <p>Homestyle Chicken w/ Gravy, Rosemary Potatoes, Green Beans, and Fruit Selection (V=^Veggie Patty)</p> <p><u>Housemade Spinach Dip</u> w/ ^Pita Chips</p>              | <p>*<u>Three Cheese Frittata</u></p> <p><u>Turkey Stroganoff</u> w/ *<u>Egg Noodles</u>, Green Beans, and Mixed Berry Applesauce (V=<u>Meatless Stroganoff</u>)</p> <p>Fresh Fruit Selection</p> | <p><u>Banana Maple Parfait</u></p> <p>^*<u>Turkey Meatloaf</u> w/ <u>Mashed Potatoes</u>, Vegetable Medley, ^<u>Warm Rolls</u> and Fruit Selection (V=^Veggie Patty)</p> <p><u>Cheese</u> w/ ^Crackers</p>             | <p>^<u>Cinnamon Toast</u></p> <p><u>Chicken Tetrazzini</u> w/ <u>Spinach and Parmesan</u>, Carrots, and Fruit Selection (V= <u>Veggie Tetrazzini</u>)</p> <p>Hummus w/ ^Pita Chips</p> |
| AUGUST 29-31 | <p><u>Peaches and Cream Oatmeal</u></p> <p>^<u>Cheese Quesadilla on Spinach Tortilla</u> w/ Black Beans, Green Peas and Fresh Fruit Selection</p> <p>Fresh Fruit w/ <u>Cheese</u></p> | <p><u>Grits</u> w/ <u>Butter</u></p> <p>Barbecue Chicken w/ Broccoli, ^<u>Warm Rolls</u>, and Fruit Selection (V=Meatless BBQ)</p> <p>^<u>Housemade Trail Mix</u></p>   | <p>*<u>Broccoli + Cheese Frittata</u></p> <p>^<u>Spinach-Artichoke Pasta</u> w/ Maple Glazed Carrots, ^Warm Pita, and Fruit Selection</p> <p>^<u>Celebration Confetti Cake</u></p>               |  |  |

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

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