

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