



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 3-7	<p><u>*Blueberries + Cream Oatmeal</u></p> <p>*<u>Four Cheese Ravioli</u> w/ Marinara Sauce, Broccoli, *<u>Warm Garlic Bread</u>, and Fruit Selection</p> <p>Apple Slices w/ <u>Yogurt Dip</u></p>	<p><u>Grits w/ Butter</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>Roasted Corn Salsa w/ ^Pita Chips</p>	<p>^Warm Biscuits w/ Jam</p> <p>*<u>Broccoli + Cheese Casserole</u> w/ Maple Glazed Carrots, and Fresh Fruit Selection</p> <p>Fresh Fruit Selection</p>	<p>^*<u>Three Cheese Quiche</u></p> <p>Barbecue Chicken w/ Broccoli, ^*Warm Rolls, and Fruit Selection (V=Meatless Barbecue Chicken)</p> <p>Fresh Fruit w/ <u>Cheese</u></p>	<p><u>Green Smoothie</u></p> <p>Ground Turkey Sloppy Joes on *<u>Warm Rolls</u>, Green Beans, and Fresh Fruit Selection (V=Tofu Sloppy Joes)</p> <p>Baked Spiced Apples w/ <u>Yogurt</u></p>
OCTOBER 10-14	<p>Indigenous People's Day</p> <p>SCHOOL CLOSED</p>	<p>Housemade Hash w/ Peppers and Onions</p> <p>^<u>Fish Sticks</u> w/ *Housemade Tartar Sauce, Yellow Rice, Broccoli, and Fresh Fruit Selection (V= *Veggie Nuggets)</p> <p>^Housemade Trail Mix</p>	<p>^Multigrain Cheerios w/Fresh Fruit</p> <p>Texas Style Baked Beans w/Brown Rice, Sweet Carrots, ^*<u>Warm Rolls</u>, and Fruit Selection</p> <p>Baked Spiced Peaches w/ <u>Yogurt</u></p>	<p><u>Cheese Grits</u></p> <p>Turkey Spaghetti w/ Sweet Corn and Fruit Selection (V=Veggie Spaghetti)</p> <p>Fresh Bananas w/ ^Graham Crackers</p>	<p><u>Strawberries and Cream Oatmeal</u></p> <p>^<u>Chicken Alfredo Pasta</u> w/ Broccoli, ^*<u>Warm Rolls</u>, and Fruit Selection (V=Veggie Alfredo)</p> <p>Fresh Fruit</p>
OCTOBER 17-21	<p>^<u>Cinnamon Toast</u></p> <p>^<u>Grilled Cheese Sandwiches</u> w/ Green Peas, Sweet Potato Fries, and Fresh Fruit Selection</p> <p>^Graham Crackers w/ <u>Cream Cheese Dip</u></p>	<p>^Warm Biscuits and Jam</p> <p>*^<u>Turkey Lasagna</u> w/ Garlic Green Beans and Fresh Fruit Selection (V=*^<u>Veg Lasagna</u>)</p> <p>^Pita Chips w/ <u>Housemade Spinach Dip</u></p>	<p><u>Pumpkin-Spice Oatmeal</u></p> <p>^<u>Spinach-Artichoke Pasta</u> w/ Maple Glazed Carrots, ^Warm Pita, and Fruit Selection</p> <p><u>Applesauce-Yogurt Swirl</u></p>	<p>^<u>Banana-Maple Parfait</u></p> <p>Peachy Barbeque Chicken w/ Roasted Vegetables, ^*<u>Warm Rolls</u> and Fruit Selection</p> <p>^<u>Turkey and Cheese Wraps</u></p>	<p>^*<u>Homemade Banana Bread</u></p> <p>Spanish Style Black Beans w/ Yellow Rice, Plantains, Green Beans, and Fruit Selection</p> <p>Fresh Fruit</p>
OCTOBER 24-28	<p>^<u>Housemade Strawberry Bread</u></p> <p>Veggie Chili w/ Vegetable Medley, ^*<u>Housemade Cornbread</u>, and Fruit Selection</p> <p>Fresh Guacamole w/ ^Pita Chips</p>	<p><u>Yogurt</u> w/ Fresh Fruit</p> <p>*Chicken Nuggets w/ Green Peas, ^*<u>Warm Rolls</u>, and Fruit Selection (V=*Veggie Nuggets)</p> <p>Sunflower Butter w/ <u>Crackers</u></p>	<p>^Multigrain Cheerios w/Fresh Fruit</p> <p>Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, ^*Housemade Cornbread and Fruit Selection</p> <p>^*<u>Celebration Pumpkin Gingerbread</u></p>	<p><u>Cinnamon-Raisin Oatmeal</u></p> <p>Teriyaki Chicken w/ Brown Rice, Stir Fry Vegetables, and Mixed Berry Applesauce (V=Meatless Teriyaki)</p> <p>Monkey Munch Trail Mix w/ <u>Yogurt</u></p>	<p><u>Cheese Grits</u></p> <p><u>Turkey + Wild Rice Casserole</u> w/ Sweet Carrots, ^*<u>Warm Rolls</u>, and Fruit Selection (V=Veggie Casserole)</p> <p>Fresh Fruit w/ <u>Cheese</u></p>
OCTOBER 31	<p>^Avocado Toast</p> <p>Veggie Fried Rice w/ *<u>Baked Egg Rolls</u>, Stir Fry Vegetables, and Fresh Fruit Selection</p> <p>Black Bean Hummus w/ ^Pita Chips</p>				

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

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