



NOVEMBER

THE SUZUKI SCHOOL MENU



MENU CODING:

V=Vegetarian Option

*= May Contain Eggs

Underline=May Contain Dairy

^= May Contain Wheat

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
NOVEMBER 1-4		* <u>Warm Biscuits</u> w/jam ^Ground Turkey Taco, Saffron Rice, Sweet Corn w/ Peppers, Fruit Selection (V=^Tofu Crumble Taco) Fresh Guacamole w/ ^Chips	<u>Avocado Toast</u> Roasted Vegetable Pasta w/ Marinara, Sweet Carrots, * <u>Warm Garlic Bread</u> , and Fruit Selection Fresh Fruit Selection	Grits w/ <u>Butter</u> <u>Vegetarian Wild Rice Casserole</u> , Garlic Green Beans, and Fruit Selection Sunflower Butter w/ ^Crackers	* <u>Veggie Quiche</u> Chicken w/ ^Egg <u>Noodles</u> , Green Peas and Carrots, * <u>Warm Rolls</u> , and Fruit Selection (V=Meatless Chicken) Fresh Fruit w/ <u>Cheese</u>	
NOVEMBER 7-11	<u>Cinnamon-Raisin Oatmeal</u> Four Cheese Ravioli w/ Marinara Sauce, Broccoli, * <u>Warm Garlic Bread</u> , and Fruit Selection Rice Cakes with Sun Butter	<u>Cheese Toast</u> Spanish Style Black Beans w/ Yellow Rice, Plantains, Green Beans, and Fruit Selection Pita Chips w/ Housemade <u>Spinach Dip</u>	Housemade Hash w/ Peppers and Onions <u>Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussel Sprouts and Mixed Berry Applesauce Monkey Munch Trail Mix w/ <u>Yogurt</u>	* <u>Veggie Quiche</u> Curry Chicken w/ Caribbean Rice and Beans, Carrots, and Fruit Selection (V=Meatless Curry) Fresh Fruit w/ <u>Cheese</u>	<u>Orange-Mango Smoothie</u> Ground Turkey Sloppy Joes on * <u>Warm Rolls</u> , Green Peas, and Fruit Selection (V=Tofu Crumble Sloppy Joe) ^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u>	
NOVEMBER 14-18	<u>Sunflower Butter Toast</u> w/ <u>Fresh Bananas</u> ^ <u>Spinach and Kale Pesto Pasta</u> w/ Sweet Carrots, *^ <u>Garlic Knots</u> and Fruit Selection Fresh Fruit Selection	<u>Pumpkin Spice Oatmeal</u> <u>Veggie Pot Pie Soup</u> w/ ^ <u>Cornbread</u> , Green Beans, and Fruit selection ^Graham Crackers w/ Housemade <u>Cream Cheese Dip</u>	* <u>Spinach + Cheese Frittata</u> Vegetable Fried Rice w/ * <u>Baked Egg Rolls</u> , Stir Fry Vegetables, and Fresh Fruit Selection Baked Peaches w/ <u>Yogurt Dip</u>	* <u>Blueberry Crunch Bake</u> Barbecue Chicken w/ Broccoli, ^ <u>Warm Rolls</u> , and Fruit Selection (V=Meatless Barbecue Chicken) Fresh Bananas w/ ^Graham Crackers	<u>Yogurt</u> w/ Fresh Fruit ^Fish Sticks, Yellow Rice, Green Peas, and Fresh Fruit Selection (V=Veggie Nuggets) Black Bean Hummus with ^pita chips	
NOVEMBER 21-25	<u>Cheese Grits</u> Veggie Chili w/ Vegetable Medley, Housemade * <u>Cornbread</u> , and Fruit Selection Fresh Bananas w/ ^Graham Crackers	*^ <u>Warm Biscuits</u> w/ Jam Oven Roasted Turkey Breast w/ Gravy, <u>Mashed Potatoes</u> , Green Beans and Fruit Selection <u>Pumpkin Dip</u> with Fresh Apples	Happy Thanksgiving! SCHOOL CLOSED		Happy Thanksgiving! SCHOOL CLOSED	
NOVEMBER 28-30	<u>Peaches and Cream Oatmeal</u> Tomato Soup, ^ <u>Grilled Cheese Sandwich</u> and Fresh Fruit Selection ^Graham Crackers w/ Applesauce	<u>Multigrain Cheerios</u> w/ <u>Fresh Fruit</u> White Bean and Chicken Chili w/ Steamed Rice, Garlic Green Beans, and Fruit Selection (V=Veg. White Bean Chili) Roasted Corn Salsa w/ ^Pita Chips	Happy Thanksgiving! SCHOOL CLOSED		Happy Thanksgiving! SCHOOL CLOSED	
			<u>Scrambled Eggs</u> w/ <u>Cheese and Salsa</u> Ratatouille w/ Steamed Rice, ^ <u>Warm Rolls</u> , and Fruit Selection ^ <u>Celebration Pumpkin Pie</u>			

ORGANIC OFFERINGS:

Carrots, Broccoli, Mixed Berries, Cherries, Strawberries, Fresh Spinach, Canned Tomato Products

FRESH FRUIT OFFERINGS:

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