



# 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 w/ <u>Cheddar Sprinkles</u> , 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>Chicken and Wild Rice Casserole</u> , Garlic Green Beans, and Fruit Selection (V= <u>Veg. Casserole</u> )  Sunflower Butter w/ ^Crackers	<u>Veggie Quiche</u>  Chicken w/ ^Egg Noodles, 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</u> Pasta 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>Chicken Pot Pie Soup</u> w/ ^ <u>Cornbread</u> , Green Beans, and Fruit selection (V=Veggie Pot Pie Soup)  ^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 w/ Housemade <u>Tartar Sauce</u> , 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	<h1>Happy Thanksgiving!</h1> <p><b>SCHOOL CLOSED</b></p>			<h1>Happy Thanksgiving!</h1> <p><b>SCHOOL CLOSED</b></p>	
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	<h1>Happy Thanksgiving!</h1> <p><b>SCHOOL CLOSED</b></p>			<h1>Happy Thanksgiving!</h1> <p><b>SCHOOL CLOSED</b></p>	
	<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)