

JULY

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
JULY 3-7	Independence Day Break! SCHOOL CLOSED			<u>Cheese Grits</u>	<u>Blueberry-Pineapple Smoothie</u>
JULY 10-14	<u>^Warm Biscuits</u> w/Jam <u>^Chicken Nuggets</u> w/Peas and Carrots, Sweet Potato Fries, and Fruit Selection (V=^Veggie Nuggets)	*Scrambled Eggs w/ <u>Cheese</u> and Salsa <u>^Veggie Spaghetti Pie</u> w/Sweet Corn and Fruit Selection	<u>Orange-Mango Smoothie</u> Texas Style Baked Beans w/Brown Rice, Sweet Carrots, <u>^Warm Roll</u> , and Fruit Selection	<u>Spinach + Cheese Frittata</u> Ground Turkey Sloppy Joes on <u>^Warm Rolls</u> , Green Beans, and Fresh Fruit Selection (V=^Tofu Crumble Sloppy Joe)	<u>^Fish Sticks</u> w/ Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^Veggie Nuggets)
JULY 17-21	<u>^Oatmeal Rasin Bars</u> <u>^Blueberry Crunch Bake</u> Hawaiian Chicken w/Brown Rice, Green Peas, and Carrots and Fruit Selection (V=Meatless Hawaiian Chicken)	<u>^Pita Chips</u> w/Hummus <u>^Sunflower Butter Toast</u> w/Fresh Bananas <u>^Ground Turkey Taco</u> w/ Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V=^Tofu Crumble Taco)	<u>^Housemade Trail Mix</u> <u>Yogurt</u> w/Fresh Fruit <u>Broccoli and Cheese Casserole</u> w/Maple Glazed Carrots, Roasted Corn, Fresh Fruit Selection	<u>Applesauce-Yogurt Swirl</u> <u>Cheese Grits</u> Vegetable Fried Rice w/ <u>^Baked Egg Rolls</u> , Stir Fry Vegetables, and Fresh Fruit Selection	<u>Cheese</u> w/^Crackers <u>^Multigrain Cheerios</u> w/Fresh Fruit Curry Chicken w/Caribbean Rice and Beans, Carrots, and Fruit Selection (V=Meatless Curry)
JULY 24-28	<u>^Cheese Toast</u> Lemon-Herb Baked Chicken w/Brown Rice, Broccoli, <u>^Warm Rolls</u> , and Fresh Fruit Selection (V= ^Veggie Patty)	<u>^Pita Chips</u> w/Fruit Salsa <u>^Meatless Tortilla Casserole</u> w/Green Beans, and Fruit Selection	<u>Yogurt</u> w/Fresh Fruit <u>^Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussel Sprouts, <u>^Housemade Cornbread</u> , Mixed Berry Applesauce	<u>Applesauce-Yogurt Swirl</u> <u>Cheese Grits</u> Fresh Fruit w/ <u>Cheese</u>	<u>Watermelon Salad</u> w/Mint and Lime Housemade Hash w/Peppers and Onions <u>^Veggie Lasagna</u> w/Garlic Green Beans and Fresh Fruit Selection
JULY 31	<u>^Housemade Trail Mix</u> Teacher Workday! SCHOOL CLOSED	<u>^Pita Chips</u> w/Fruit Salsa	<u>^Celebration Berry Bread</u>	<u>^Cinnamon Toast</u> <u>^Veggie Alfredo Pasta</u> w/Broccoli, <u>^Warm Garlic Bread</u> , and Fruit Selection Fresh Bananas w/^Graham Crackers	<u>^Pita Chips</u> w/ <u>Housemade Spinach Dip</u> *Scrambled Eggs w/ <u>Cheese</u> and Salsa <u>^Chicken Nuggets</u> w/Peas and Carrots, <u>^Warm Rolls</u> , Sweet Potato Fries, and Fruit Selection (V= ^Veggie Nuggets)

ORGANIC OFFERINGS:

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

FRESH FRUIT OFFERINGS:

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