

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 1-4		^Avocado Toast Rotisserie Style Chicken Brown Rice with <u>Gravy</u> , Broccoli, and Fruit Selection (V= ^Veggie Patty) Watermelon Mint Salad	Hashbrowns with Peppers and Onions ^ <u>Chicken Alfredo Pasta</u> , Broccoli, ^ <u>Garlic Knots</u> , and Fruit Selection (V= ^ <u>Veggie Alfredo</u>) ^ <u>Turkey Cheese Wraps</u>	^ <u>Veggie Quiche</u> Ground Turkey Sloppy Joes, ^ <u>Warm Rolls</u> , Green Beans, and Fruit Selection (V= ^Tofu Crumble Sloppy Joe) Fresh Fruit with <u>Cheese</u>	<u>Yogurt</u> with Fresh Fruit Texas Style Baked Beans with Brown Rice, Carrots, and ^ <u>Hawaiian Rolls</u> ^House Trail Mix
AUGUST 7-11	^ <u>Warm Biscuits</u> w/ Jam ^ <u>Four Cheese Ravioli</u> w/ Marinara Sauce, Sweet corn, ^ <u>Warm Garlic Bread</u> , and Fruit Selection Hummus and ^Crackers <u>Yogurt</u> w/ Fresh Fruit	^ <u>Three Cheese Quiche</u> ^Chili Lime Fish Stick Tacos w/ Mango Salsa, Fiesta Rice, Black Beans, and Fruit Selection (V= ^Meatless Taco) ^Graham Crackers w/ Applesauce ^Sunflower Butter Toast w/ Fresh Bananas	<u>Orange-Mango Smoothie</u> ^ <u>Spinach-Artichoke Pasta</u> w/ Maple Glazed Carrots, ^ <u>Warm Pita Bread</u> , and Fruit Selection ^Housemade Trail Mix <u>Strawberry Mango Smoothie</u>	^ <u>Mini Bagels</u> with <u>Cream Cheese</u> ^Turkey Spaghetti w/ Green Peas and Fruit Selection (V= ^Veggie Spaghetti) Fresh Guacamole w/ ^ <u>Pita Chips</u> <u>Cheese Grits</u>	^Multigrain Cheerios w/ Fresh Fruit ^ <u>Chicken Nuggets</u> w/ Peas and Carrots, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^Veggie Nuggets) Fresh Fruit Selection ^ <u>Blueberry Crunch Bake</u>
AUGUST 14-18	^Fish Sticks w/ <u>Housemade Tartar Sauce</u> , Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^Veggie Nuggets) Apple Slices w/ <u>Yogurt Dip</u>	^Ground Turkey Taco w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/ Peppers, Fruit Selection (V= ^Tofu Crumble Taco) ^Warm Soft Pretzels w/ <u>Cheddar Sauce</u>	^ <u>Grilled Cheese Sandwiches</u> w/ Green Peas, Crisp Sweet Potato Fries, and Fresh Fruit Selection Roasted Corn Salsa w/ ^ <u>Pita Chips</u>	Barbecue Chicken w/ Baked Beans, ^ <u>Warm Rolls</u> , and Fruit Selection (V= Meatless Barbecue Chicken) Sunflower Butter w/ ^Crackers	^Turkey Stroganoff w/ ^Egg Noodles, Green Peas, and Mixed Berry Applesauce (V= ^Meatless Stroganoff) Fresh Fruit w/ <u>Cheese</u>
AUGUST 21-25	^ <u>Cheese Toast</u> Spanish Style Black Beans w/ Yellow Rice, Plantains, Green Beans, and Fruit Selection Fresh Bananas w/ ^Graham Crackers	^ <u>Warm Biscuits</u> w/ Jam Chicken Fajitas w/ Peppers, Fiesta Rice, Sweet Corn, Fruit Selection, and ^Warm Tortillas (V= ^Veggie Patty) <u>Housemade Spinach Dip</u> w/ ^ <u>Pita Chips</u>	Housemade Hash w/ Peppers and Onions Vegetable Fried Rice w/ ^Baked Egg Rolls, Stir Fry Vegetables, and Fresh Fruit Selection ^Housemade Trail Mix	<u>Cheese Grits</u> Hawaiian Chicken w/ Brown Rice, Green Peas and Carrots and Fruit Selection (V= Meatless Hawaiian Chicken) Fresh Bananas w/ ^Graham Crackers	*Scrambled Eggs w/ <u>Cheese</u> and Salsa ^ <u>Turkey and Wild Rice Casserole</u> , Sweet Carrots, and Fruit Selection (V= ^Tofu and Wild Rice Casserole) Baked Spiced Peaches w/ <u>Yogurt</u>
AUGUST 28-31	^ <u>Three Cheese Frittata</u> Chicken Tikka Masala w/ Green Peas and Fresh Fruit Selection (V= <u>Veggie Tikka Masala</u>) ^Graham Crackers w/ Applesauce	^Multigrain Cheerios w/ Fresh Fruit ^ <u>Taco Spaghetti Pie</u> w/ Vegatable Medley, and Fruit Selection (V= ^ <u>Veggie Spaghetti Pie</u>) ^ <u>Pita Chips</u> w/ Hummus	^ <u>Cinnamon Toast</u> ^ <u>Spinach and Kale Pesto Pasta</u> w/ Sweet Carrots, ^ <u>Warm Garlic Rolls</u> and Fruit Selection ^ <u>Celebration Chocolate-Zucchini Bread</u>	^ <u>Veggie Quiche</u> Barbecue Chicken w/ Broccoli, ^ <u>Warm Rolls</u> , and Fruit Selection (V= Meatless Barbecue Chicken) Apple Slices w/ <u>Yogurt Dip</u>	

ORGANIC OFFERINGS:

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

FRESH FRUIT OFFERINGS:

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