

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

**ORGANIC OFFERINGS:**

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

**FRESH FRUIT OFFERINGS:**

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