





OCTOBER

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
OCTOBER 2 - 6	<u>Blueberry-Pineapple Smoothie</u> ^ <u>Four Cheese Ravioli</u> w/ Marinara Sauce, Broccoli, ^ <u>Warm Garlic Bread</u> , and Fruit Selection <u>Turkey and Cheese Wraps</u>	^Avocado Toast ^ <u>Chicken Tortilla Casserole</u> w/ Green Beans, and Fresh Fruit Selection (V= ^ <u>Meatless Tortilla Casserole</u>) ^ <u>Turkey and Cheese Wraps</u> <u>Cinnamon-Raisin Oatmeal</u> ^Ground Turkey Taco w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V= ^Tofu Crumble Taco) Fresh Guacamole w/^ <u>Pita Chips</u> <u>Maple Brown Sugar Oatmeal</u>	Multigrain Cheerios w/ Fresh Fruit Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley and Fruit Selection <u>Cheese</u> w/^ <u>Crackers</u> ^ <u>Veggie Quiche</u> Spanish Style Black Beans w/ Yellow Rice, Plantains, Green Beans, and Fruit Selection Fresh Fruit w/ <u>Cheese</u> ^ <u>Blueberry Crunch Bake</u>	<u>Maple Pumpkin Spice Oatmeal</u> ^ <u>Chicken Nuggets</u> , Sweet Potatoes fries, Green Peas and Fruit Selection (V= ^ <u>Veggie Nuggets</u>) ^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u> ^ <u>Blueberry Crunch Bake</u> ^ <u>Turkey Pot Pie</u> w/ Mixed Veggie Medley and Baked Apples (V=^ <u>Veggie Pot Pie</u>) ^Crackers w/ Hummus *Scrambled Eggs w/ <u>Cheese</u> and Salsa	<u>Cheese Grits</u> Rotisserie Style Chicken w/ Rosemary Potatoes, Peas and Carrots and Fresh Fruit Selection (V= ^ <u>Veggie Patty</u>) ^Housemade Trail Mix ^ <u>Warm Biscuits</u> w/ Jam ^ <u>Chicken Alfredo Pasta</u> w/ Broccoli, ^ <u>Warm Garlic Bread</u> , and Fruit Selection (V= ^ <u>Vegetable Alfredo</u>) Fresh Bananas w/^Graham Crackers ^ <u>Cheese Toast</u>
OCTOBER 9 - 13	 School Closed!				
OCTOBER 16 - 20	<u>Yogurt</u> w/ Fresh Fruit ^ <u>Fish Sticks</u> w/ <u>Housemade Tartar Sauce</u> , Yellow Rice, Broccoli, and Fresh Fruit Selection (V=^ <u>Veggie Nuggets</u>) ^ <u>Homemade Berry Bread</u>	White Bean and Chicken Chilli w/ Steamed Rice, Garlic Green Beans, and Fruit Selection (V= Vegetable White Bean Chilli) Baked Spiced Peaches w/ <u>Yogurt</u> ^ <u>Warm Biscuits</u> w/ Jam	^ <u>Blueberry Crunch Bake</u> ^ <u>Spinach-Artichoke Pasta</u> w/ Maple Glazed Carrots, ^ <u>Warm Pita Bread</u> , and Fruit Selection Fresh Fruit Selection	Ground Turkey Sloppy Joes on ^ <u>Warm Rolls</u> , Sweet Corn and Fresh Fruit Selection (V=Tofu Crumble Sloppy Joe) ^ <u>Warm Soft Pretzels</u> w/ <u>Cheddar Sauce</u>	Homestyle Chicken w/ <u>Gravy</u> , <u>Mashed Potatoes</u> , Green Beans, and Fruit Selection (V= ^ <u>Veggie Patty</u>) ^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u>
OCTOBER 23 - 27	<u>Cheese Grits</u> ^ <u>Macaroni and Three Cheese Pasta</u> w/ Maple Glazed Brussel Sprouts and Mixed Berry Applesauce Fresh Bananas w/^Graham Crackers	^ <u>Chicken Tortilla Casserole</u> w/ Green Beans, and Fresh Fruit Selection (V= ^ <u>Meatless Tortilla Casserole</u>) ^ <u>Pita Chips</u> w/ <u>Housemade Spinach Dip</u>	Housemade Hash w/Peppers and Onions ^ <u>Roasted Vegetable Pasta</u> w/ Marinara, Sweet Carrots, ^ <u>Warm Garlic Bread</u> , and Fruit Selection ^Housemade Trail Mix	<u>Blueberries and Cream Oatmeal</u> Hawaiian Chicken w/ Brown Rice, Green Peas and Carrots and Fruit Selection (V=Meatless Hawaiian Chicken) Roasted Corn Salsa w/^ <u>Pita Chips</u>	^ <u>Spinach + Cheese Frittata</u> Lemon-Herb Baked Chicken w/ Brown Rice, Broccoli, ^ <u>Warm Rolls</u> , and Fresh Fruit Selection (V= ^ <u>Veggie Patty</u>) Fresh Fruit Selection
OCTOBER 30 - 31	<u>Green Smoothie</u> ^ <u>Grilled Cheese Sandwiches</u> w/ Green Peas, Crisp Sweet Potato Fries, and Fresh Fruit Selection Apple Slices w/ <u>Yogurt Dip</u>	^ <u>Homemade Strawberry Bread</u> ^ <u>Taco Spaghetti Pie</u> w/ Sweet Corn and Fruit Selection (V= ^ <u>Veggie Spaghetti Pie</u>) ^ <u>Celebration Key Lime Cake</u>			