



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