

# NOVEMBER

## 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

NOVEMBER 1 - 3  
 NOVEMBER 6 - 10  
 NOVEMBER 13 - 17  
 NOVEMBER 20 - 24  
 NOVEMBER 27 - 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<u>Green Smoothie</u>	<u>Peaches and Cream Oatmeal</u>	<u>Cheese Grits</u>
		^* <u>Spinach and Kale Pesto Pasta</u> w/ Sweet Carrots, ^* <u>Warm Pita Bread</u> , Fruit Selection	Barbecue Chicken w/Broccoli, ^* <u>Warm Rolls</u> , and Fruit Selection (V=Meatless Barbecue Chicken)	^* <u>Tofu and Wild Rice Casserole</u> , Sweet Corn, ^* <u>Warm Rolls</u> , and Fruit Selection
		Sunflower Butter w/ ^Crackers	Fresh Guacamole w/^* <u>Pita Chips</u>	Housemade Trail Mix
^* <u>Blueberry Crunch Bake</u>	Housemade Hash w/ Peppers and Onions	<u>Yogurt</u> w/Fresh Fruit	<u>Cheese Grits</u>	^* <u>Warm Biscuits</u> w/ Jam
^* <u>Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussel Sprouts and Mixed Berry Applesauce	^* <u>Meatless Tortilla Casserole</u> w/Green Beans, and Fruit Selection	Texas Style Baked Beans w/Brown Rice, Sweet Carrots, ^* <u>Warm Rolls</u> , and Fruit Selection	Turkey Chili w/Sweet Corn, ^* <u>Housemade Cornbread</u> and Fruit Selection (V=Veggie Chili)	^* <u>Cheese Quesadilla</u> on ^* <u>Spinach Tortilla</u> w/Black Beans, Green Peas, and Fruit Selection
Fresh Fruit Selection	Fresh Guacamole w/^* <u>Pita Chips</u>	Fresh Fruit w/ <u>Cheese</u>	^* <u>Warm Soft Pretzels</u> w/ <u>Cheddar Sauce</u>	Fresh Bananas w/^* <u>Graham Crackers</u>
^* <u>Cheese Toast</u>	* <u>Scrambled Eggs</u> w/ <u>Cheese</u> and Salsa	Multigrain Cheerios w/Fresh Fruit	<u>Blueberries and Cream Oatmeal</u>	^* <u>Warm Biscuits</u> w/ Jam
^* <u>Meatless Stroganoff</u> w/^* <u>Egg Noodles</u> , Veggie Medley, and Mixed Berry Applesauce	^* <u>Turkey Taco Soup</u> w/Green Beans, and Fruit Selection (V= ^* <u>Tofu Taco Soup</u> )	Vegetable Fried Rice w/^* <u>Baked Egg Rolls</u> , Stir Fry Vegetables, and Fresh Fruit Selection	Apricot Glazed Chicken w/ <u>Yellow Rice</u> , Green Peas and Fresh Fruit Selection (V=Apricot Glazed Tofu)	^* <u>Chicken Nuggets</u> w/Peas and Carrots, ^* <u>Warm Rolls</u> , and Fruit Selection (V= ^* <u>Veggie Nuggets</u> )
^* <u>Graham Crackers</u> w/ <u>Housemade Cream Cheese Dip</u>	Roasted Corn Salsa w/^* <u>Pita Chips</u>	<u>Cheese</u> w/^* <u>Crackers</u>	^* <u>Pita Chips</u> w/Hummus	Fresh Fruit Selection
^* <u>Three Cheese Frittata</u>	<u>Maple Pumpkin Spice Oatmeal</u>			
^* <u>Four Cheese Ravioli</u> w/Marinara Sauce, Broccoli, ^* <u>Warm Garlic Bread</u> , and Fruit Selection	Slice Turkey Breast w/ <u>Mashed Potatoes</u> , Green Beans, and Fruit Selection (V=Veggie White Bean Chili)			
Baked Spiced Peaches w/ <u>Yogurt</u>	^* <u>Celebration Homemade Berry Cobbler</u>	^* <u>Cinnamon Toast</u>	<u>Cinnamon-Raisin Oatmeal</u>	
<u>Grits</u> w/Butter	^* <u>Homemade Strawberry Bread</u>	Spanish Style Black Beans w/ <u>Yellow Rice</u> , Plantains, Sweet Corn and Fruit Selection	Curry Chicken w/Carribbean Rice and Beans, Carrots, and Fruit Selection (V=Meatless Curry)	
^* <u>Grilled Cheese Sandwiches</u> w/Green Peas, Crisp Sweet Potato Fries, and Fresh Fruit Selection	Turkey Burger Soup w/^* <u>Macaroni</u> , Green Beans and Fruit Selection (V=Veggie Spaghetti Pie)	^* <u>Celebration Homemade Confetti Cake</u>	^* <u>Housemade Trail Mix</u>	
Apple Slices w/ <u>Yogurt Dip</u>	Fresh Bananas w/^* <u>Graham Crackers</u>			

**ORGANIC OFFERINGS:**

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

**FRESH FRUIT OFFERINGS:**

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