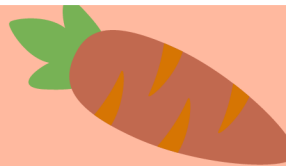




# JULY



## 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
JULY 1-4		<u>^Cheese Toast</u>  ^ <u>Pasta Primavera</u> w/ Sweet Peas and ^ <u>Warm Rolls</u> and Fresh Fruit Selection  ^ <u>Broccoli and Cheese Bites</u>	<div>Independence Day Break!</div> <div>SCHOOL CLOSED</div>		
JULY 7-11	<u>Blueberry-Pineapple Smoothies</u>  <u>Vegetable Tikki Marsala</u> w/ <u>Vegetable Medley</u> , ^ <u>Warm Rolls</u> , and Fruit Selection  Fresh Fruit Selection	* <u>Scrambled Eggs</u> w/ <u>Cheese</u>  ^ <u>Spinach and Kale Pesto Pasta</u> w/ <u>Sweet Carrots</u> and Fresh Fruit  ^ <u>Graham Cracker</u> w/ <u>Cream Cheese Dip</u>	<u>Fresh Fruit Yogurt</u>  ^Ground Turkey Sloppy Joes on *^ <u>Warm Rolls</u> , Green Beans, and Fresh Fruit Selection (V= ^ <u>Tofu Crumble Sloppy Joes</u> )  Fresh Fruit w/ <u>Cheese</u>	<u>Cinnamon-Raisin Oatmeal</u>  ^ <u>Grilled Cheese Sandwiches</u> w/ <u>Green Peas</u> , <u>Crisp Sweet Potato</u> , and Fresh Fruit Selection  Fresh Fruit Selection	<u>Cheese Grits</u>  ^ <u>Veggie Nuggets</u> w/ <u>Broccoli</u> , ^ <u>Warm Rolls</u> and Fruit Selection  Applesauce w/ <u>Yogurt</u>
JULY 14-18	^ <u>Veggie Quiche</u>  ^^ <u>Fish Sticks</u> w/ <u>Housemade Tarter Sauce</u> , <u>Vegetable Medley</u> , <u>Yellow Rice</u> and Fresh Fruit Selection (V= ^ <u>Veggie Patty</u> )  <u>Cheese</u> w/ ^ <u>Crackers</u>	Fresh Fruit w/ <u>Yogurt</u>  ^ <u>Macaroni and Three Cheese Pasta</u> w/ <u>Maple Glazed Brussels Sprouts</u> , and Fruit Selection  Sunflower Butter w/ ^ <u>Crackers</u>	^ <u>Cheerios</u> w/ <u>Milk</u>  ^ <u>Vegetable Stroganoff</u> w/ ^ <u>Egg Noodles</u> , <u>Broccoli</u> , and Fruit Selection  ^^ <u>Pita Chips</u> w/ <u>Spinach Dip</u>	Breakfast Hash w/ <u>Peppers</u> and <u>Onions</u>  ^ <u>Spinach and Kale Pesto Pasta</u> w/ <u>Sweet Carrots</u> and Fresh Fruit  ^ <u>Graham Crackers</u> w/ <u>Cream Cheese Dip</u>	*^ <u>French Toast Casserole</u>  ^ <u>Black Bean and Veggie Tortilla Casserole</u> , <u>Fiesta Rice</u> , <u>Roast Corn</u> , and Fresh Fruit Selection  ^ <u>Housemade Trail Mix</u>
JULY 21-25	<u>Strawberry-Mango Smoothies</u>  ^ <u>Tofu and Wild Rice Casserole</u> , <u>Green Peas</u> , and Fruit Selection  Applesauce w/ <u>Yogurt</u>	^ <u>Avocado Toast</u>  Vegetable Fried Rice w/ ^ <u>Baked Eggrolls</u> , <u>Stir Fry Vegetables</u> , and Fruit Selection  Guacamole w/ ^^ <u>Pita Chips</u>	<u>Strawberry and Cream Oatmeal</u>  ^ <u>Vegetable Tetrazzini</u> w/ <u>Parmesan Spinach</u> , <u>Sweet Carrots</u> , and Fruit Selection  <u>Cheese</u> w/ ^ <u>Crackers</u>	^ <u>Warm Biscuits</u> w/ <u>Jam</u>  Texas Style Baked Beans w/ <u>Brown Rice</u> , <u>Sweet Carrots</u> , ^ <u>Warm Rolls</u> , and Fruit  ^^ <u>Homemade Berry Bread</u>	^ <u>Sunflower Butter Toast</u> w/ <u>Fresh Bananas</u>  ^ <u>Chicken Fajitas</u> w/ <u>Peppers</u> and <u>Fiesta Rice</u> , <u>Sweet Corn</u> , ^ <u>Warm Tortillas</u> , and Fruit Selection (V= ^ <u>Meatless Fajitas</u> )  Spiced Peaches w/ <u>Yogurt</u>
JULY 28-31	^ <u>Cheese Toast</u>  ^ <u>Veggie Patty Taco</u> w/ <u>Cheese</u> , <u>Sweet Corn</u> with <u>Peppers</u> , Fruit Selection  Fresh Fruit Selection	* <u>Scrambled Eggs</u> w/ <u>Cheese</u>  Spanish Style Black Beans w/ <u>Yellow Rice</u> , <u>Plantains</u> , <u>Green Beans</u> , and Fruit Selection  Sunflower Butter w/ ^ <u>Crackers</u>	Fresh Fruit w/ <u>Yogurt</u>  ^^ <u>Lemon Herb Veggie Patty</u> w/ <u>Brown Rice</u> , <u>Broccoli</u> , ^ <u>Warm Rolls</u> , and Fresh Fruit  ^ <u>Celebration Snack</u>	Grits w/ <u>Butter</u>  ^ <u>Four Cheese Ravioli</u> w/ <u>Marinara</u> , <u>Roasted Corn</u> , ^ <u>Garlic Knots</u> , and Fruit Selection  Melon salad	

### ORGANIC OFFERINGS:

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

### FRESH FRUIT OFFERINGS:

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