

3/1/2



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

| and subject to change. | | | | | ^= May Contain Wheat |
|------------------------|---|---|--|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AUGUST 1 | | | | | Teacher Workday! school closed |
| | ^Multigrain Cheerios w/Fresh Fruit | ^ <u>Cinnamon Toast</u> | ^* <u>Apple Cinnamon Crunch</u> Bake | ^Avocado Toast | ^* <u>Warm Biscuits</u> w/Jam |
| AUGUST 4 - 8 | ^Barbecue Chicken w/Broccoli, ^* <u>Warm Rolls</u> , and Fruit Selection (V= ^Meatless Barbecue "Chicken") | ^*Chili Lime Fish Stick Tacos w/Mango Salsa, Fiesta Rice, and Fruit Selection (V= ^Meatless Taco) | ^* <u>Veggie Nuggets</u> w/Peas and Carrots, ^* <u>Warm Rolls,</u> and Fruit Selection | ^' <u>Vegetable Lasagna</u> w/Garlic Green Beans and Fresh Fruit Selection | ^*Chicken Lo Mein w/mixed Vegetables and Fruit Selection (V= ^*Vegetable Lo Mein) |
| | Fresh Fruit Selection | Roasted Corn Salsa w/^* <u>Pita Chips</u> | Fresh Bananas w/^Graham Crackers | ^* <u>Pita Chips</u> w/Hummus | ^Housemade Trail Mix |
| | ^* <u>Veggie Quiche</u> | Fresh Fruit w/Yogurt | <u>Blueberry-Pineapple</u> <u>Smoothie</u> | ^Multigrain Cheerios w/Fresh Fruit | Strawberries and Cream Oatmeal |
| AUGUST 11 - 15 | ^*Fish Sticks w/Housemade Tarter Sauce, Vegetable Medley, Yellow Rice and Fresh Fruit Selection (V= ^*Veggie Patty) | ^' <u>Macaroni and Three</u> <u>Cheese Pasta</u> w/Maple Glazed Brussel Sprouts, and Fruit Selection | ^Ground Turkey Sloppy Joes on *^ <u>Warm Rolls</u> , Green Beans, and Fresh Fruit Selection (V= ^Tofu Crumble Sloppy Joes) | ^'Chicken Tetrazzini w/Spinach and <u>Parmesan</u> , Carrots, and Fresh Fruit Selection (V= ^' <u>Vegetable</u> <u>Tetrazzini</u>) | ^Grilled Cheese Sandwiches w/Green Peas, Sweet Potato Fries, and Fresh Fruit Selection |
| | Cheese w/^Crackers | Sunflower Butter w/^Crackers | ^*Pita Chips w/Spinach Dip | Watermelon Salad w/Mint and Lime | Spiced Peaches w/ <u>Yogurt</u> |
| AUGUST 18 - 22 | ^Sunbutter Toast w∕Bananas | *Scrambled Eggs | Housemade Hash w/Peppers and Onions | ^*Blueberry Crunch Bake ^Barbecue Chicken | Yogurt w/Fresh Fruit |
| | '^Broccoli & Cheese Casserole w/Roasted Brussel Sprouts, and Fruit Selection | ^' <u>Turkey Tortilla Casserole</u> w/Green Beans and Fruit Selection (V= ^' <u>Vegetable</u> <u>Tortilla Casserole</u>) | ^* <u>Spinach and Kale Pesto</u> <u>Pasta</u> w/Sweet Carrots, ^* <u>Warm Rolls</u> , and Fruit Selection | w/Broccoli, ^* <u>Warm Rolls</u> , and Fruit Selection (V= ^Meatless Barbecue "Chicken") | Spanish Style Black Beans w/Yellow Rice, Plantains, Green Beans, and Fruit Selection |
| ⋖ | Fresh Fruit Selection | Fresh Guacamole w/^* <u>Pita Chips</u> | Apples w/ <u>Yogurt Dip</u> | Bananas w/^Graham Crackers | Fresh Fruit |
| | Grits w/ <u>Butter</u> | Pumpkin Spiced Oatmeal | ^Avocado Toast | ^ <u>Banana Maple Parfait</u> | Peaches & Cream Oatmeal |
| AUGUST 25 - 29 | A*Manageri 9 Thurs Channe | ^Hawaiian Chicken w/Brown Rice, Green Peas, ^' <u>Warm</u> <u>Rolls</u> , and Fruit Selection (V= ^Meatless Hawaiian "Chicken") | ^*Roasted Vegetable Pasta w/Marinara, Sweet Carrots, and Fruit Selection | ^*Turkey Meatloaf w/Roasted Potatoes, Vegetable Medley, ^* <u>Warm</u> <u>Rolls</u> and Fruit Selection (V=^* <u>Veggie Patty</u>) | ^Vegetable Fried Rice w/^*Baked Egg Rolls, Stir Fry Vegetables, and Fresh Fruit Selection |
| • | ^Housemade Trail Mix | ^*Pita Chips w/Spinach Dip | ^*Celebration Apple Cake | Cheese w/^Crackers | ^Graham Crackers w/Applesauce |