NOVEMBER '25

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
NOVEMBER 3 - 7	^*Warm Biscuits w/Jam ^Ground Turkey Taco w/Cheddar Sprinkles, Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V=^Tofu Crumble Taco) Fresh Guacamole w/^*Pita Chips	*Scrambled Eggs w/Cheese and Salsa ^*Roasted Vegetable Pasta w/Marinara, Sweet Carrots, *^Warm Garlic Knots, and Fruit Selection Fresh Fruit Selection	^Avocado Toast ^*Chicken and Wild Rice Casserole, Garlic Green Beans, and Fruit Selection (V= ^*Veggie and Wild Rice Casserole) Sunflower Butter w/^Crackers	Grits w/Butter Ratatouille w/Steamed Brown Rice, ^*Warm Rolls, and Fruit Selection ^Graham Crackers w/Bananas	*^Veggie Quiche Grits w/Butter ^*Chicken Stroganoff w/*^Egg Noodles, Green Peas and Carrots, *^Warm Rolls, and Fruit Selection (V= ^*Vegetable Stroganoff) Fresh Fruit w/Cheese
NOVEMBER 10 - 14	Orange-Mango Smoothie ^Turkey Sloppy Joes on *^Warm Rolls, Green Peas, and Fruit Selection (V= ^Tofu Crumble Sloppy Joe) ^Graham Crackers w/Housemade Cream Cheese Dip	Housemade Hash w/Peppers and Onions ^*Macaroni and Three Cheese Pasta w/Maple Glazed Brussel Sprouts and Mixed Berry Applesauce ^Homemade Trail Mix w/Yogurt	^Multigrain Cheerios w/Fresh Fruit White Bean Chicken Chili w/Steamed Brown Rice, Garlic Green Beans, and Fruit Selection (V= Veggie White Bean Chili) Roasted Corn Salsa w/^*Pita Chips	Cinnamon-Raisin Oatmeal ^*Four Cheese Ravioli w/Marinara Sauce, Broccoli, *^Warm rolls Bread, and Fruit Selection ^Crackers with Sun Butter	Cheese Grits Curry Chicken w/Caribbean Rice and Beans, Carrots, and Fruit Selection (V= Vegetable Curry) ^*Pumpkin Bread
NOVEMBER 17 - 21	Pumpkin Spice Oatmeal ^*Chicken Pot Pie Soup w/^*Cornbread, Green Beans, and Fruit selection (V= ^*Veggie Pot Pie Soup) ^*Warm Soft Pretzels w/Cheddar Sauce	^Sunflower Butter Toast w/Fresh Bananas ^*Spinach and Kale Pesto Pasta w/Sweet Carrots, *^Garlic Knots and Fruit Selection Fresh Fruit Selection	^*Blueberry Crunch Bake ^Barbecue Chicken w/Broccoli, ^*Warm Rolls, and Fruit Selection (V= ^Tofu Crumble Barbecue "Chicken") ^*Celebration Pumpkin Pie	Peaches and Cream Oatmeal Tomato Soup, ^Grilled Cheese Sandwich and Fruit Selection ^Graham Crackers w/Applesauce	*Spinach + Cheese Fritatta ^*Chicken Lo Mein, ^Stir Fry Vegetables, and Fresh Fruit Selection (V = ^*Veggie Lo Mein) Baked Peaches w/Yogurt Dip
NOVEMBER 24 - 28	Cheese Grits Vegetable Chili w/Sweet Carrots, ^*Housemade Cornbread, and Fruit Selection Fresh Bananas w/^Graham Crackers	^Cinnamon Toast Sliced Turkey W/Gravy, ^*Cornbread stuffing, Green Beans, and Fruit Selection (V=^*Veggie Patty) Cheese w/^Crackers			

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

FRESH FRUIT OFFERINGS:
Apple Slices, Orange Smiles, Bananas, Melons (Seasonal)