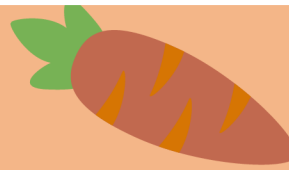


OCTOBER '25



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
OCTOBER 1-3			<u>^Three Cheese Quiche</u> ^Barbecue Chicken w/Broccoli, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^Meatless Barbecue Chicken) ^Crackers w/ <u>Cheese</u>	^ <u>Warm Biscuits</u> w/Jam ^ <u>Broccoli + Cheese Casserole</u> w/Maple Glazed Carrots, and Fruit Selection Fruit Selection	Grits w/ <u>Butter</u> ^Ground Turkey Taco w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/Peppers, and Fruit Selection (V= ^Tofu Tacos) Roasted Corn Salsa w/^ <u>Pita Chips</u>
OCTOBER 6-10	<u>Cheese Grits</u> ^Turkey Spaghetti w/Sweet Corn and Fruit Selection (V= ^Veggie Spaghetti) Bananas w/^Graham Crackers	Housemade Hash w/Peppers and Onions ^Fish Sticks w/^Housemade <u>Tartar Sauce</u> , Yellow Rice, Broccoli, and Fruit Selection (V= ^Veggie <u>Nuggets</u>) Fruit Selection	<u>Green Smoothie</u> ^Ground Turkey Sloppy Joes on ^ <u>Warm Rolls</u> , Green Beans, and Fruit Selection (V= ^Tofu Sloppy Joes) Baked Spiced Apples w/ <u>Yogurt</u>	^Sunflower Butter Toast w/Bananas Texas Style Baked Beans w/Brown Rice, Sweet Carrots, & Fruit Selection Baked Spiced Peaches w/ <u>Yogurt</u>	<u>Strawberries and Cream Oatmeal</u> ^ <u>Chicken Alfredo Pasta</u> w/Broccoli, ^ <u>Garlic Knots</u> , and Fruit Selection (V= ^Veggie <u>Alfredo</u>) Fresh Fruit Selection
OCTOBER 13-17	 INDIGENOUS PEOPLES DAY	<u>Pumpkin-Spice Oatmeal</u> ^ <u>Spinach-Artichoke Pasta</u> w/Maple Glazed Carrots, ^ <u>Warm Pita</u> , and Fruit Selection <u>Applesauce-Yogurt Swirl</u>	<u>^Banana-Maple Parfait</u> ^Peachy Barbecue Chicken w/ Roasted Vegetables, ^ <u>Warm Rolls</u> and Fruit Selection (V = ^Meatless Peachy Barbecue) Fresh Fruit Selection	<u>^Cinnamon Toast</u> ^ <u>Grilled Cheese Sandwiches</u> w/Green Peas, Sweet Potato Fries, and Fruit Selection ^Graham Crackers w/ <u>Cream Cheese Dip</u>	^Scrambled Eggs w/ <u>Cheese</u> ^ <u>Chicken Nuggets</u> w/Green Peas, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^Veggie <u>Nuggets</u>) <u>Housemade Spinach Dip</u> w/ ^ <u>Pita Chips</u>
OCTOBER 20-24	<u>^Cereal Sundae</u> ^Teriyaki Chicken w/Brown Rice, Stir Fry Vegetables, and Mixed Berry Applesauce (V= ^Tofu Teriyaki) Trail Mix w/ <u>Yogurt</u>	<u>^Avocado Toast</u> Veggie Chili w/Vegetable Medley, ^ <u>Housemade Cornbread</u> , and Fruit Selection Guacamole w/^ <u>Pita Chips</u>	<u>^Homemade Banana Bread</u> Spanish Style Black Beans w/ Yellow Rice, Plantains, Green Beans, and Fruit Selection Fresh Fruit Selection	<u>Cinnamon-Raisin Oatmeal</u> ^ <u>Chicken Alfredo Pasta</u> w/Broccoli, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^Veggie <u>Alfredo</u>) Roasted Corn Salsa w/^ <u>Pita Chips</u>	<u>Cheese Grits</u> ^ <u>Turkey + Wild Rice Casserole</u> w/Sweet Carrots, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^Veggie <u>Casserole</u>) ^Crackers w/ <u>Cheese</u>
OCTOBER 27-31	<u>Strawberry-Mango Smoothies</u> ^Orange Chicken w/Brown Rice, Stir Fry Vegetables, and Fruit Selection (V= ^Tofu Orange "Chicken") Fresh Fruit	<u>^Three Cheese Quiche</u> ^Roasted Vegetable Pasta w/Marinara, Sweet Carrots, ^ <u>Warm Garlic Bread</u> , and Fruit Selection ^Trail Mix	Housemade Hash w/Peppers and Onions ^Barbecue Chicken w/Broccoli, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^Meatless Barbecue Chicken) ^ <u>Celebration Pumpkin Gingerbread</u>	<u>^Spinach & Cheese Frittata</u> Louisiana Style Red Beans w/Brown Rice, Vegetable Medley, ^ <u>Housemade Cornbread</u> and Fruit Selection Sunflower Butter w/^Crackers	<u>Cheese Grits</u> <u>Curry Chicken</u> Brown Rice, ^Stir Fry Vegetables, and Fruit Selection (V= Meatless Curry) Black Bean Hummus w/^ <u>Pita Chips</u>

ORGANIC OFFERINGS:

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

FRESH FRUIT OFFERINGS:

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