

# JULY '26

## 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.

\*\*\*Whole grain or approved crackers, including Goldfish, Graham Crackers, Cheez-Its and Ritz, may be offered periodically\*\*\*

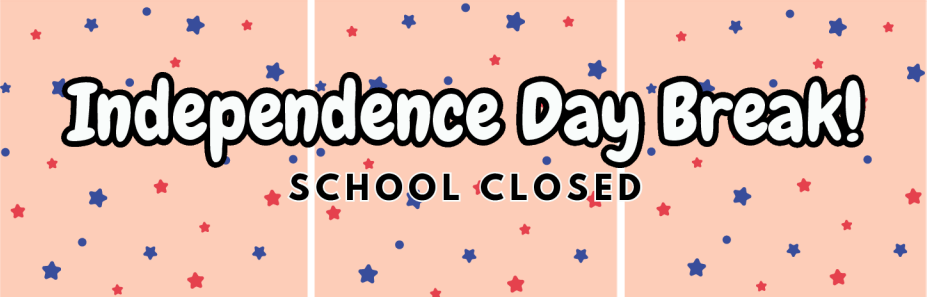
### MENU CODING:

V=Vegetarian Option

\*= May Contain Eggs

Underline=May Contain Dairy

^= May Contain Wheat

|            | MONDAY                                                                                                                                                                                                             | TUESDAY                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                | THURSDAY                                                                                                                                                                | FRIDAY                                                                                                                                                                                            |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| JULY 1-3   |                                                                                                                                  |                                                                                                                                                                                    |                                                                                                                                                                                                          |                                                                                                                                                                         |                                                                                                                                                                                                   |
| JULY 6-10  | <u>Cheese Grits</u><br><br>Rotisserie Style Chicken w/ <u>Gravy</u> , Mashed Potatoes, Peas and Carrots, ^ <u>Warm Rolls</u> , and Fruit Selection (V=^ <u>Veggie Patty</u> )<br><br>^ <u>Homemade Berry Bread</u> | ^Multigrain Cheerios w/Fresh Fruit<br><br><u>Chickpea Curry</u> w/Caribbean Rice and Beans, Green Beans, and Fruit Selection<br><br>Sunflower Butter w/^Crackers                   | ^ <u>Warm Biscuits</u> w/ Jam<br><br>^ <u>Chicken Alfredo Pasta</u> w/Broccoli, ^ <u>Warm Garlic Bread</u> , and Fruit Selection (V=^ <u>Alfredo Pasta</u> )<br><br>Bananas w/^Graham Crackers           | <u>Orange-Mango Smoothie</u><br><br>^Vegetable Fried Rice w/^Baked Egg Rolls, and Fresh Fruit Selection<br><br><u>Yogurt</u> and Strawberries                           | Housemade Hash w/Peppers and Onions<br><br>^ <u>Broccoli and Cheese Casserole</u> w/Corn, Fresh Fruit Selection d Fruit Selection<br><br>Fresh Fruit                                              |
| JULY 13-17 | ^ <u>Banana Bread</u><br><br>Chicken Fajitas w/Peppers, Fiesta Rice, Sweet Corn, Fruit Selection, and ^ <u>Warm Tortillas</u> (V= ^ <u>Veggie Patty</u> )<br><br>Spiced Peaches w/ <u>Yogurt</u>                   | ^ <u>Veggie Quiche</u><br><br>^ <u>Grilled Cheese Sandwiches</u> w/Green Peas, ^ <u>Pasta Salad</u> and Fresh Fruit Selection<br><br>Guacamole w/^ <u>Pita Chips</u>               | ^ <u>Cinnamon Toast</u><br><br>^ <u>Chicken Tetrazzini</u> w/Spinach, Garlic Green Beans, and Fresh Fruit Selection (V=^ <u>Tetrazzini Pasta</u> w/Spinach)<br><br>^Club Crackers w/ <u>Cheese</u>       | *Scrambled Eggs w/ <u>Cheese</u><br><br>Texas Style Baked Beans w/Brown Rice, Sweet Carrots, ^ <u>Warm Rolls</u> , and Fruit<br><br>Fresh Fruit                         | Fruit w/ <u>Yogurt</u><br><br>Lemon Herb Chicken w/Brown Rice, Broccoli, ^ <u>Warm Rolls</u> , and Fresh Fruit (V=^ <u>Lemon Herb Veggie Patty</u> )<br><br>Melon salad                           |
| JULY 20-24 | ^ <u>Blueberry Crunch Bake</u><br><br>^Ground Chicken Taco w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V=^Tofu Crumble Taco)<br><br>^ <u>Housemade Trail Mix</u>            | ^ <u>Warm Biscuits</u> w/ Jam<br><br>^ <u>Four Cheese Ravioli</u> w/Marinara Sauce, Broccoli, ^ <u>Warm Garlic Bread</u> , and Fruit Selection<br><br>^ <u>Pita Chips</u> w/Hummus | *Scrambled Eggs w/Salsa<br><br>^ <u>Chicken Pot Pie</u> w/Mixed Veggies, and Baked Apples (V=^ <u>Veggie Pot Pie</u> )<br><br>Fresh Fruit                                                                | <u>Cheese Grits</u><br><br><u>Chickpea Tikka Masala</u> w/Caribbean Rice and Beans, Carrots, and Fruit Selection<br><br>Fresh Bananas w/^Graham Crackers                | ^Sunflower Butter Toast w/Fresh Bananas<br><br>^Chicken Nuggets w/Peas and Carrots, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^ <u>Veggie Nuggets</u> )<br><br><u>Spinach Dip</u> w/^Crackers |
| JULY 27-31 | ^ <u>Cereal Sundae</u> (^Cheerios, <u>Yogurt</u> , Fruit)<br><br>^BBQ Chicken w/Broccoli, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^ <u>BBQ Veggie Nuggets</u> )<br><br>Watermelon Salad w/Mint and Lime      | Grits w/ <u>Butter</u><br><br>Spanish Style Black Beans w/Yellow Rice, Plantains, Green Beans, and Fruit Selection<br><br>Guacamole w/^ <u>Pita Chips</u>                          | ^ <u>French Toast Casserole</u><br><br>^ <u>Chicken Quesadilla</u> w/Fiesta Rice, Roasted Corn, and Fresh Fruit Selection (V= ^ <u>Black Bean Quesadilla</u> )<br><br>^ <u>Celebration Key Lime Cake</u> | ^ <u>Spinach &amp; Cheese Frittata</u><br><br>^ <u>Veggie Lasagna</u> w/Maple Glazed Brussels Sprouts and Fresh Fruit Selection<br><br>Fresh Bananas w/^Graham Crackers |                                                                                                              |

### ORGANIC OFFERINGS:

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

### FRESH FRUIT OFFERINGS:

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

\*\*\*Fresh Fruit is often used as a substitute snack for those with allergies\*\*\*