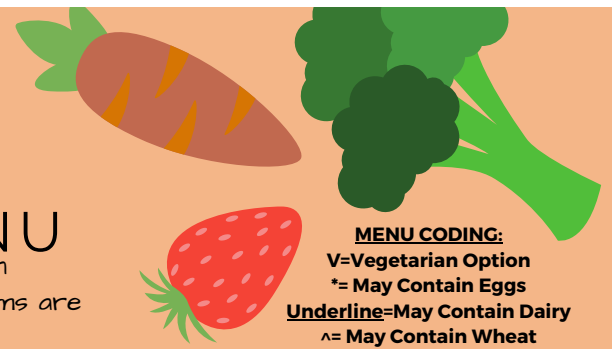




OCTOBER 26



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.

MENU CODING:
V=Vegetarian Option
*= May Contain Eggs
Underline=May Contain Dairy
^= May Contain Wheat

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 1-2				<u>Grits w/Butter</u> ^Ground Chicken Tacos w/Saffron Rice, Sweet Corn w/Peppers, & Fruit Selection (V= ^Black Bean Tacos) Roasted Corn Salsa w/^Pita Chips	^ <u>Warm Biscuits</u> w/Jam ^ <u>Broccoli and Cheese Casserole</u> w/Maple Glazed Carrots, and Fresh Fruit Selection Fruit Selection
OCTOBER 5-9	Housemade Hash w/Peppers and Onions ^Black Bean Tacos w/Cheese, Yellow Rice, Broccoli, and Fruit Selection Fruit Selection	<u>Cheese Grits</u> ^Chicken Spaghetti w/Sweet Corn and Fruit Selection (V= ^Spaghetti with Veggie Meatballs) Bananas w/^Graham Crackers	<u>Green Smoothie</u> ^Tofu Crumble Sloppy Joes on ^ <u>Warm Rolls</u> , Green Beans, and Fresh Fruit Selection Baked Spiced Apples w/ <u>Yogurt</u>	^ <u>Strawberries and Cream Oatmeal</u> ^Spaghetti w/Chicken Marinara, Broccoli, ^Warm Pita Bread, and Fruit Selection (V= ^Spaghetti with Veggie Meatballs) Fresh Fruit Selection	^Sunflower Butter Toast w/Fresh Bananas Texas Style Baked Beans w/Brown Rice, Sweet Corn, and Fruit selection Baked Spiced Peaches w/Yogurt
OCTOBER 12-16	^ <u>Warm Biscuits</u> w/ <u>Jam</u> ^ <u>Veggie Lasagna</u> w/Veggie Meatballs, Garlic Green Beans and Fresh Fruit Selection Bananas w/^Graham Crackers	<u>Banana Maple Parfait</u> ^Peachy Barbecue Chicken w/Roasted Vegetables, ^Warm Pita Bread, and Fruit Selection (V= ^Peachy Barbecue Veggie Meatballs) Fresh Fruit Selection	<u>Pumpkin Spice Oatmeal</u> ^ <u>Spinach-Artichoke Pasta</u> w/Maple Glazed Carrots, ^ <u>Warm Pita Bread</u> , and Fruit Selection <u>Applesauce-Yogurt Swirl</u>	^Scrambled Eggs w/ <u>Cheese</u> Hawaiian Chicken w/Broccoli, and Fruit Selection (V= ^Veggie Patty) ^Pita Chips w/Hummus	^ <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>
OCTOBER 19-23	^Avocado Toast Veggie Chili w/^ <u>Housemade Cornbread</u> and Fruit Selection <u>Trail Mix</u> w/ <u>Yogurt</u>	^ <u>Cereal Sundae</u> ^Teriyaki Chicken w/Brown Rice, Stir Fry Vegetables, and Mixed Berry Applesauce (V= ^Teriyaki Glazed Veggie Meatballs) Guacamole w/^Pita Chips	^ <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> Chicken Fajitas w/Peppers, Sweet Corn, Fruit Selection, and ^Warm Tortillas (V= ^Veggie Patty) ^Pita Chips w/Roasted Corn Salsa	<u>Cheese Grits</u> ^ <u>Vegetable and Wild Rice Casserole</u> , w/Sweet Carrots, ^ <u>Warm Rolls</u> , and Fruit Selection ^Crackers w/ <u>Cheese</u>
OCTOBER 26-30	^ <u>Three Cheese Quiche</u> ^Roasted Vegetable Pasta w/Marinara, Sweet Carrots, ^ <u>Warm Garlic Rolls</u> and Fruit Selection ^ <u>Trail Mix</u>	<u>Strawberry-Mango Smoothies</u> ^Orange Chicken w/Brown Rice, Stir Fry Vegetables, and Fruit Selection (V= ^Tofu Orange "Chicken") Fresh Fruit	Housemade Hash w/Peppers and Onions ^Barbecue Veggie Meatballs w/Broccoli, ^ <u>Warm Rolls</u> , and Fruit Selection ^ <u>Celebration Pumpkin Gingerbread</u>	<u>Cheese Grits</u> Chicken Tikka Masala, Brown Rice, ^Stir Fry Vegetables, and Fruit Selection (V= Chickpea Tikka Masala) Black Bean Hummus w/^Pita Chips	^ <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

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