

JULY

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
JULY 3-7	Independence Day Break! SCHOOL CLOSED			<u>Cheese Grits</u> ^^Fish Sticks w/ <u>Housemade Tartar Sauce</u> , <u>Yellow Rice</u> , <u>Broccoli</u> , and <u>Fresh Fruit Selection</u> (V= ^^Veggie Nuggets)	Cheerios and <u>Milk</u> Rotisserie Style Chicken w/ <u>Potatoes</u> , <u>Peas and Carrots</u> , ^^ <u>Warm Rolls</u> , and <u>Fruit Selection</u> (V= ^^Veggie Patty)
JULY 10-14	^^ <u>Warm Biscuits</u> w/ <u>Jam</u> ^^ <u>Chicken Nuggets</u> w/ <u>Peas and Carrots</u> , <u>Sweet Potato Fries</u> , and <u>Fruit Selection</u> (V= ^^Veggie Nuggets)	* <u>Scrambled Eggs</u> w/ <u>Cheese</u> and <u>Salsa</u> ^^ <u>Taco Spaghetti Pie</u> w/ <u>Sweet Corn</u> and <u>Fruit Selection</u> (V= ^^Veggie Spaghetti Pie)	<u>Orange-Mango Smoothie</u> Texas Style Baked Beans w/ <u>Brown Rice</u> , <u>Sweet Carrots</u> , ^^ <u>Warm Roll</u> , and <u>Fruit Selection</u>	^^ <u>Spinach + Cheese Frittata</u> Ground Turkey Sloppy Joes on ^^ <u>Warm Rolls</u> , <u>Green Beans</u> , and <u>Fresh Fruit Selection</u> (V= ^^Tofu Crumble Sloppy Joe)	<u>Cheese</u> w/^^ <u>Crackers</u> ^^ <u>Multigrain Cheerios</u> w/ <u>Fresh Fruit</u> Curry Chicken w/ <u>Caribbean Rice and Beans</u> , <u>Carrots</u> , and <u>Fruit Selection</u> (V= Meatless Curry)
JULY 17-21	^^ <u>Oatmeal Rasin Bars</u> ^^ <u>Blueberry Crunch Bake</u> Hawaiian Chicken w/ <u>Brown Rice</u> , <u>Green Peas</u> , and <u>Carrots</u> and <u>Fruit Selection</u> (V= Meatless Hawaiian Chicken)	^^ <u>Pita Chips</u> w/ <u>Hummus</u> ^^ <u>Sunflower Butter Toast</u> w/ <u>Fresh Bananas</u> ^^Ground Turkey Taco w/ <u>Cheddar Sprinkles</u> , <u>Saffron Rice</u> , <u>Sweet Corn</u> w/ <u>Peppers</u> , <u>Fruit Selection</u> (V= ^^Tofu Crumble Taco)	^^Housemade Trail Mix <u>Yogurt</u> w/ <u>Fresh Fruit</u> <u>Broccoli and Cheese Casserole</u> w/ <u>Maple Glazed Carrots</u> , <u>Roasted Corn</u> , <u>Fresh Fruit Selection</u>	<u>Applesauce-Yogurt Swirl</u> <u>Cheese Grits</u> Vegetable Fried Rice w/^^ <u>Baked Egg Rolls</u> , <u>Stir Fry Vegetables</u> , and <u>Fresh Fruit Selection</u>	Watermelon Salad w/ <u>Mint</u> and <u>Lime</u> Housemade Hash w/ <u>Peppers</u> and <u>Onions</u> ^^ <u>Turkey Lasagna</u> w/ <u>Garlic Green Beans</u> and <u>Fresh Fruit Selection</u> (V= ^^Veggie Lasagna)
JULY 24-28	<u>Broccoli Cheese Bites</u> ^^ <u>Cheese Toast</u> Lemon-Herb Baked Chicken w/ <u>Brown Rice</u> , <u>Broccoli</u> , ^^ <u>Warm Rolls</u> , and <u>Fresh Fruit Selection</u> (V= ^^Veggie Patty)	Sunflower Butter w/^^ <u>Crackers</u> ^^ <u>Veggie Quiche</u> ^^ <u>Chicken Tortilla Casserole</u> w/ <u>Green Beans</u> , and <u>Fruit Selection</u> (V= ^^Meatless Tortilla Casserole)	Fresh Guacamole w/^^ <u>Pita Chips</u> <u>Yogurt</u> w/ <u>Fresh Fruit</u> ^^ <u>Macaroni and Three Cheese Pasta</u> w/ <u>Maple Glazed Brussel Sprouts</u> , ^^ <u>Housemade Cornbread</u> , <u>Mixed Berry Applesauce</u>	<u>Applesauce-Yogurt Swirl</u> <u>Cheese Grits</u> Vegetable Fried Rice w/^^ <u>Baked Egg Rolls</u> , <u>Stir Fry Vegetables</u> , and <u>Fresh Fruit Selection</u>	^^ <u>Pita Chips</u> w/ <u>Housemade Spinach Dip</u> * <u>Scrambled Eggs</u> w/ <u>Cheese</u> and <u>Salsa</u> ^^ <u>Chicken Nuggets</u> w/ <u>Peas and Carrots</u> , ^^ <u>Warm Rolls</u> , <u>Sweet Potato Fries</u> , and <u>Fruit Selection</u> (V= ^^Veggie Nuggets)
JULY 31	^^Housemade Trail Mix Teacher Workday! SCHOOL CLOSED	^^ <u>Pita Chips</u> w/ <u>Fruit Salsa</u>	^^ <u>Celebration Berry Bread</u>	^^ <u>Cinnamon Toast</u> ^^ <u>Chicken Alfredo Pasta</u> w/ <u>Broccoli</u> , ^^ <u>Warm Garlic Bread</u> , and <u>Fruit Selection</u> (V= ^^Veggie Alfredo)	Fresh Fruit w/ <u>Cheese</u> ^^ <u>Cinnamon Toast</u> ^^ <u>Chicken Alfredo Pasta</u> w/ <u>Broccoli</u> , ^^ <u>Warm Garlic Bread</u> , and <u>Fruit Selection</u> (V= ^^Veggie Alfredo)
	ORGANIC OFFERINGS: Carrots, Broccoli, Mixed Berries, Cherries, Strawberries, Fresh Spinach, Canned Tomato Products			FRESH FRUIT OFFERINGS: Apple Slices, Orange Smiles, Bananas, Melons (Seasonal)	