

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

ORGANIC OFFERINGS:

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

FRESH FRUIT OFFERINGS:

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