

# 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 1-5	<u>Cheese Grits</u>  Peachy Barbecue Chicken w/ Garlic Green Beans, Warm Rolls, and Fruit Selection (V=Meatless Peachy Barbecue)  <u>Applesauce-Yogurt Swirl</u>	<u>Orange-Mango Smoothie</u>  ^ <u>Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussels Sprouts and Mixed Berry Applesauce  <u>Housemade Trail Mix</u>	<b>Independence Day Break!</b> <b>SCHOOL CLOSED</b>		
JULY 8 - 12	^ <u>Warm Biscuits</u> w/ Jam  ^ <u>Chicken Nuggets</u> w/Peas and Carrots, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^ <u>Veggie Nuggets</u> )  Fresh Bananas w/^ <u>Graham Crackers</u>	^ <u>Scrambled Eggs</u> w/ <u>Cheese</u> and Salsa  ^ <u>Four Cheese Ravioli</u> w/Marinara Sauce, Broccoli, ^ <u>Warm Garlic Bread</u> , and Fruit Selection  ^ <u>Pita Chips</u> w/Hummus	<u>Blueberry-Pineapple Smoothie</u>  Vegetable Fried Rice w/^ <u>Baked Egg Rolls</u> , Stir Fry Vegetables, and Fresh Fruit Selection  <u>Cheese</u> w/^ <u>Crackers</u>	Housemade Hash w/Peppers and Onions  Ground Chicken Sloppy Joes on ^ <u>Warm Rolls</u> , Green Beans, and Fresh Fruit Selection (V=Tofu Crumble Sloppy Joe)  <u>Applesauce-Yogurt Swirl</u>	^ <u>Multigrain Cheerios</u> w/Fresh Fruit  ^ <u>Chicken Lo Mein</u> w/ mixed Vegetables and Fruit Selection (V= Meatless Curry)  Watermelon Salad w/Mint and Lime
JULY 15 - 19	^ <u>Blueberry Crunch Bake</u>  Chicken Tetrazzini w/Spinach and <u>Parmesan</u> , Peas and Carrots, and Fresh Fruit Selection (V= Veggie Tetrazzini)  Fresh Bananas w/^ <u>Graham Crackers</u>	Housemade Hash w/Peppers and Onions  ^ <u>Ground Chicken Taco</u> w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V=^ <u>Tofu Crumble Taco</u> )  Roasted Corn Salsa w/^ <u>Pita Chips</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>Cheese Grits</u>  ^ <u>Chicken Lasagna</u> w/Garlic Green Beans and Fresh Fruit Selection (V= ^ <u>Veggie Lasagna</u> )  Fresh Mixed Melons	^ <u>Multigrain Cheerios</u> w/Fresh Fruit  ^ <u>Chicken Alfredo Pasta</u> w/Broccoli, ^ <u>Warm Garlic Bread</u> , and Fruit Selection (V= ^ <u>Veggie Alfredo</u> )  Fresh Fruit w/ <u>Cheese</u>
JULY 22 - 26	Housemade Hash w/Peppers and Onions  Lemon-Herb Baked Chicken w/Brown Rice, Broccoli, ^ <u>Warm Rolls</u> , and Fresh Fruit Selection (V= ^ <u>Veggie Patty</u> )  ^ <u>Homemade Berry Bread</u>	<u>Pineapple-Banana Smoothie</u>  ^ <u>Chicken Spaghetti</u> w/Sweet Corn and Fruit Selection (V= <u>Veggie Spaghetti Pie</u> )  ^ <u>Pita Chips</u> w/Fruit Salsa	<u>Cheese Grits</u>  Teriyaki Chicken w/Brown Rice, Stir Fry Vegetables, and Mixed Berry Applesauce (V= Meatless Teriyaki Chicken)  ^ <u>Celebration Chocolate-Zucchini Bread</u>	^ <u>Cinnamon Toast</u>  ^ <u>Roasted Vegetable Pasta</u> w/Marinara, Sweet Carrots, ^ <u>Warm Garlic Bread</u> , and Fruit Selection  Fresh Bananas w/^ <u>Graham Crackers</u>	^ <u>Scrambled Eggs</u> w/ <u>Cheese</u> and Salsa  Barbecue Chicken w/Baked Beans, ^ <u>Pasta Salad</u> and Fruit Selection (V= Meatless Barbecue Chicken)  Fresh Fruit Selection
JULY 29 - 31	^ <u>Blueberry Crunch Bake</u>  ^ <u>Chicken and Wild Rice Casserole</u> , Sweet Carrots, Warm Rolls, and Fruit Selection (V= ^ <u>Tofu and Wild Rice Casserole</u> )  <u>Cheese</u> w/^ <u>Crackers</u>	^ <u>Cheese Toast</u>  ^ <u>Fish Sticks</u> w/ <u>Housemade Tartar Sauce</u> , Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^ <u>Veggie Nuggets</u> )  Fresh Mixed Melon	<b>TEACHER WORKDAY</b> <b>SCHOOL CLOSED!</b>		

**ORGANIC OFFERINGS:**

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

**FRESH FRUIT OFFERINGS:**

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