

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>	Independence Day Break! SCHOOL CLOSED		
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/^Graham Crackers	<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 Tetrizzini w/Spinach and <u>Parmesan</u> , Peas and Carrots, and Fresh Fruit Selection (V= Veggie Tetrizzini) Fresh Bananas w/^Graham Crackers	Housemade Hash w/Peppers and Onions ^Ground Chicken Taco w/Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V=^Tofu Crumble Taco) 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>Veggie Lasagna</u> w/Garlic Green Beans and Fresh Fruit Selection Fresh Mixed Melons	<u>^Multigrain Cheerios</u> w/Fresh Fruit ^ <u>Vegetable Alfredo Pasta</u> w/Broccoli, ^ <u>Warm Garlic Bread</u> , and Fruit Selection 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/^Graham Crackers	<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>Tofu and Wild Rice Casserole</u> , Sweet Carrots, Warm Rolls, and Fruit Selection <u>Cheese</u> w/^ <u>Crackers</u>	<u>^Cheese Toast</u> ^ <u>Fish Sticks</u> w/ Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^ <u>Veggie Nuggets</u>) Fresh Mixed Melon	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)