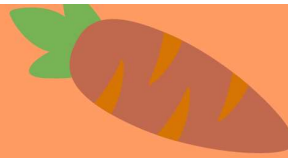# OCTOBER

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 1 - 4	^*Blueberry Crunch Bake ^*Chicken Stroganoff w/*Egg Noodles, Green Beans, and Mixed Berry Applesauce (V= ^*Meatless Stroganoff) Cheese w/^Crackers	Housemade Hash w/Peppers and Onions ^*Fish Sticks w/Housemade Tartar Sauce, Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^*Veggie Nuggets) Fresh Fruit Selection	^*Cheese Toast ^*Spinach-Artichoke Pasta w/Maple Glazed Carrots, ^*Warm Pita Bread, and Fruit Selection ^*Celebration Key Lime Cake	Blueberries and Cream Oatmeal Curry Chicken w/Caribbean Rice and Beans, Carrots, and Fruit Selection (V = Meatless Curry) Fresh Bananas w/^Graham Crackers	^*Homemade Banana Bread ^*Macaroni and Three Cheese Pasta w/ Maple Glazed Brussel Sprouts and Fresh Fruit ^Monkey Munch Trail Mix w/Yogurt
OCTOBER 7 - 11	^*Warm Biscuits w/Jam ^*Chicken Nuggets w/Peas and Carrots, Sweet Potato Fries, and Fruit Selection (V= ^*Veggie Nuggets) Sunflower Butter w/^Crackers	Maple Pumpkin Spice Oatmeal Spanish Style Black Beans w/Yellow Rice, Plantains, Green Beans, and Fruit Selection ^Graham Crackers w/Housemade Cream Cheese Dip	^Multigrain Cheerios w/Fresh Fruit ^Barbecue Chicken w/Broccoli, ^*Warm Rolls, and Fruit Selection (V= ^Meatless Barbecue Chicken) ^Housemade Trail Mix	Housemade Hash w/Peppers and Onions White Bean and Chicken Chili w/Steamed Rice, Garlic Green Beans, and Fruit Selection (V= Veggie White Bean Chili) Baked Spiced Apples w/Yogurt	^*Three Cheese Frittata ^*Chicken Lo Mein w/mixed Vegetables and Fruit Selection (V= Meatless Curry) ^* Chocolate-Zucchini Bread
OCTOBER 14 - 18	INDIGENOUS PEOPLES DAY School Closed!	Housemade Hash w/Peppers and Onions ^Ground Turkey Taco w/Cheddar Sprinkles, Saffron Rice, Sweet Corn w/ Peppers, Fruit Selection (V= ^Tofu Crumble Taco) Sunflower Butter w/^Crackers	Yogurt w/Fresh Fruit ^*Macaroni and Three Cheese Pasta w/Maple Glazed Brussel Sprouts and Fruit Selection ^Graham Crackers w/Housemade Cream Cheese Dip	Blueberries and Cream Oatmeal ^*Turkey Pot Pie w/Mixed Veggies, Green Beans and Baked Apples (V= ^*Veggie Pot Pie) ^Club Crackers w/Hummus	^Cheese Toast ^Peachy Barbecue Chicken w/Roasted Potatoes, Veggie Medley, ^*Warm Rolls, and Fruit Selection (V= ^Meatless Peachy Barbecue) Fresh Fruit w/Cheese
OCTOBER 21 - 25	Housemade Hash w/Peppers and Onions ^*Spinach-Artichoke Pasta w/Maple Glazed Carrots, ^*Warm Pita Bread, and Fruit Selection Fresh Bananas w/^Graham Crackers	Pineapple-Banana Smoothie Turkey Fajitas w/Peppers, Fiesta Rice, Green Beans, Fruit Selection, and ^*Warm Tortillas (V= ^Veggie Patty) ^*Pita Chips w/Fruit Salsa	^Cinnamon Toast ^*Turkey and Wild Rice Casserole w/Peas and Carrots and Fruit Selection (V= ^*Veggie Casserole) Cheese w/^Crackers	Cheese Grits Vegetable Fried Rice w/^*Baked Egg Rolls, Stir Fry Vegetables, and Fresh Fruit Selection Applesauce w/^Graham Crackers	^Scrambled Eggs w/Cheese and Salsa ^*Turkey Spaghetti w/Green Peas and Fruit Selection (V= ^*Veggie Spaghetti Pie) Fresh Fruit Selection
OCTOBER 28 - 31	^*Blueberry Crunch Bake ^Homestyle Chicken w/^Gravy, Rosemary Potatoes, Green Beans, and Fruit Selection (V= ^*Veggie Patty) Cheese w/^Crackers	^Cheese Toast ^Hawaiian Chicken w/Brown Rice, Green Peas and Carrots, ^*Warm Rolls, and Fruit Selection (V= ^Meatless Hawaiian Chicken) Fresh Mixed Melon	^Multigrain Cheerios w/Fresh Fruit ^*Pasta Primavera w/Broccoli and ^*Warm Garlic Rolls and Fresh Fruit Selection ^*Celebration Pumpkin Gingerbread	Cinnamon-Raisin Oatmeal ^*Fish Sticks w/Housemade Tartar Sauce, Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^*Veggie Nuggets) ^Monkey Munch Trail Mix w/Yogurt	

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

FRESH FRUIT OFFERINGS:
Apple Slices, Orange Smiles, Bananas, Melons (Seasonal)