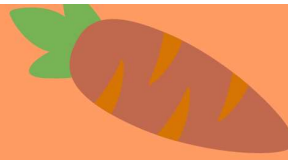


# OCTOBER



## 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.

**MENU CODING:**  
 V=Vegetarian Option  
 \*= May Contain Eggs  
Underline=May Contain Dairy  
 ^= May Contain Wheat

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 1 - 4		<u>Green Smoothie</u>  ^ <u>Four Cheese Ravioli</u> w/Marinara Sauce, Broccoli, ^ <u>Warm Garlic Bread</u> , and Fruit Selection  Fresh Guacamole w/^ <u>Pita Chips</u>	^Avocado Toast  ^Orange Chicken w/Brown Rice, Stir Fry Vegetables, and Fruit Selection (V= ^Meatless Orange Chicken)  Fresh Fruit Selection	 <b>School Closed!</b>	 <b>School Closed!</b>
OCTOBER 7 - 11	^ <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> )  Sunflower Butter w/^Crackers	<u>Maple Pumpkin Spice Oatmeal</u>  Spanish Style Black Beans w/Yellow Rice, Plantains, Green Beans, and Fruit Selection  ^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u>	^Multigrain Cheerios w/Fresh Fruit  ^Barbecue Chicken w/Broccoli, ^ <u>Warm Rolls</u> , 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	^ <u>Three Cheese Frittata</u>  ^Chicken Lo Mein w/mixed Vegetables and Fruit Selection (V= <u>Meatless Curry</u> )  ^ <u>Chocolate-Zucchini Bread</u>
OCTOBER 14 - 18	^ <u>Apple Crunch Bake</u>  ^ <u>Grilled Cheese Sandwiches</u> w/Tomato Soup and Fresh Fruit Selection  ^ <u>Warm Soft Pretzels</u> w/ <u>Cheddar Sauce</u>	Housemade Hash w/Peppers and Onions  ^Ground Turkey Taco w/Saffron Rice, Sweet Corn w/ Peppers, Fruit Selection (V= ^Tofu Crumble Taco)  Sunflower Butter w/^Crackers	<u>Yogurt</u> w/Fresh Fruit  ^ <u>Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussel Sprouts and Fruit Selection  ^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u>	<u>Blueberries and Cream Oatmeal</u>  ^ <u>Veggie Pot Pie</u> w/Mixed Veggies, Green Beans and Baked Apples  Fresh Fruit w/ <u>Cheese</u>	^ <u>Cheese Toast</u>  ^Peachy Barbecue Chicken w/Roasted Potatoes, Veggie Medley, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^Meatless Peachy Barbecue)  ^Club Crackers w/Hummus
OCTOBER 21 - 25	Housemade Hash w/Peppers and Onions  ^ <u>Spinach-Artichoke Pasta</u> w/Maple Glazed Carrots, ^ <u>Warm Pita Bread</u> , and Fruit Selection  Fresh Bananas w/^Graham Crackers	<u>Pineapple-Banana Smoothie</u>  Turkey Fajitas w/Peppers, Fiesta Rice, Green Beans, Fruit Selection, and ^ <u>Warm Tortillas</u> (V= ^ <u>Veggie Patty</u> )  ^ <u>Pita Chips</u> w/Fruit Salsa	^ <u>Cinnamon Toast</u>  ^ <u>Veggie and Wild Rice Casserole</u> w/Peas and Carrots and Fruit Selection  <u>Cheese</u> w/^Crackers	<u>Cheese Grits</u>  Vegetable Fried Rice w/^Baked Egg Rolls, Stir Fry Vegetables, and Fresh Fruit Selection  Applesauce w/^Graham Crackers	^ <u>Scrambled Eggs</u> w/ <u>Cheese</u> and Salsa  ^Turkey Spaghetti w/Green Peas and Fruit Selection (V= ^ <u>Veggie Spaghetti Pie</u> )  Fresh Fruit Selection
OCTOBER 28 - 31	^ <u>Blueberry Crunch Bake</u>  ^Homestyle Chicken w/^ <u>Gravy</u> , Rosemary Potatoes, Green Beans, and Fruit Selection (V= ^ <u>Veggie Patty</u> )  <u>Cheese</u> w/^Crackers	^ <u>Cheese Toast</u>  ^Hawaiian Chicken w/Brown Rice, Green Peas and Carrots, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^Meatless Hawaiian Chicken)  Fresh Mixed Melon	^Multigrain Cheerios w/Fresh Fruit  ^ <u>Pasta Primavera</u> w/Broccoli and ^ <u>Warm Garlic Rolls</u> and Fresh Fruit Selection  ^ <u>Celebration Pumpkin Gingerbread</u>	<u>Cinnamon-Raisin Oatmeal</u>  ^ <u>Fish Sticks</u> w/Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^ <u>Veggie Nuggets</u> )  ^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)