



NOVEMBER



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
NOVEMBER 1					^ <u>Baked Cinnamon Apple Crumble</u> ^ <u>Chicken Broccoli Ziti</u> , Carrots, ^ <u>Hawaiian Rolls</u> , and Fresh Fruit Selection (V = ^ <u>Vegetable Broccoli Ziti</u>) Sunflower Butter w/^ <u>Crackers</u>
NOVEMBER 4 - 8	^ <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>Vegetable Fried Rice</u> w/^ <u>Baked Egg Rolls</u> , ^ <u>Stir Fry</u> Vegetables, and Fresh Fruit Selection ^ <u>Pita Chips</u> w/ <u>Hummus</u>	<u>Orange-Mango Smoothie</u> ^ <u>Macaroni and Three Cheese Pasta</u> w/ <u>Maple Glazed Brussel Sprouts</u> and Mixed Berry Applesauce ^ <u>Housemade Trail Mix</u>	Housemade Hash w/ <u>Peppers</u> and Onions Veggie Chili w/ <u>Sweet Carrots</u> and ^ <u>Housemade Cornbread</u> , and Fruit Selection <u>Applesauce-Yogurt Swirl</u>	^ <u>Multigrain Cheerios</u> w/ <u>Fresh Fruit</u> ^ <u>Chicken Lo Mein</u> w/ <u>mixed Vegetables</u> and Fruit Selection (V= ^ <u>Vegetable Lo Mein</u>) ^ <u>Graham Crackers</u> w/ <u>Cream Cheese Dip</u>
NOVEMBER 11 - 15	^ <u>Blueberry Crunch Bake</u> ^ <u>Chicken Tetrzzini</u> w/ <u>Spinach</u> and <u>Parmesan</u> , Peas and Carrots, and Fresh Fruit Selection (V= ^ <u>Vegetable Tetrzzini</u>) Fresh Bananas w/^ <u>Graham Crackers</u>	Housemade Hash w/ <u>Peppers</u> and Onions ^ <u>Ground Chicken Taco</u> w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/ <u>Peppers</u> , Fruit Selection (V= ^ <u>Tofu Crumble Taco</u>) Sunflower Butter w/^ <u>Crackers</u>	<u>Cheese Grits</u> ^ <u>Chicken Lasagna</u> w/ <u>Garlic Green Beans</u> and Fresh Fruit Selection (V= ^ <u>Vegetable Lasagna</u>) Fresh Mixed Melons	<u>Yogurt</u> w/ <u>Fresh Fruit</u> ^ <u>Broccoli and Cheese Casserole</u> w/ <u>Maple Glazed Carrots</u> and Fresh Fruit Selection Fresh Guacamole w/^ <u>Pita Chips</u>	^ <u>Multigrain Cheerios</u> w/ <u>Fresh Fruit</u> ^ <u>Chicken Alfredo Pasta</u> w/ <u>Broccoli</u> , ^ <u>Warm Garlic Bread</u> , and Fruit Selection (V= ^ <u>Vegetable Alfredo Pasta</u>) Fresh Fruit w/ <u>Cheese</u>
NOVEMBER 18 - 22	Housemade Hash w/ <u>Peppers</u> and Onions Lemon-Herb Baked Chicken w/ <u>Brown Rice</u> , Broccoli, ^ <u>Warm Rolls</u> , and Fresh Fruit Selection (V= ^ <u>Veggie Patty</u>) ^ <u>Homemade Berry Bread</u>	<u>Pineapple-Banana Smoothie</u> Spanish Style Black Beans w/ <u>Yellow Rice</u> , Plantains, Green Beans, and Fruit Selection ^ <u>Pita Chips</u> w/ <u>Fruit Salsa</u>	<u>Cheese Grits</u> ^ <u>Teriyaki Chicken</u> w/ <u>Brown Rice</u> , ^ <u>Stir Fry Vegetables</u> , and Mixed Berry Applesauce (V= ^ <u>Meatless Teriyaki Chicken</u>) <u>Cheese</u> w/^ <u>Crackers</u>	^ <u>Cinnamon Toast</u> ^ <u>Grilled Cheese Sandwiches</u> w/ <u>Green Peas</u> , Crisp Sweet Potato Fries, and Fresh Fruit Selection Fresh Bananas w/^ <u>Graham Crackers</u>	* <u>Scrambled Eggs</u> w/ <u>Cheese</u> and Salsa ^ <u>Barbecue Chicken</u> w/ <u>Baked Beans</u> , ^ <u>Pasta Salad</u> and Fruit Selection (V= ^ <u>Meatless Barbecue Chicken</u>) Fresh Fruit Selection
NOVEMBER 25 - 29	^ <u>Blueberry Crunch Bake</u> ^ <u>Spinach and Kale Pesto Pasta</u> w/ <u>Sweet Carrots</u> , ^ <u>Warm Rolls</u> , Fruit Selection <u>Cheese</u> w/^ <u>Crackers</u>	<u>Maple Pumpkin Spice Oatmeal</u> ^ <u>Homestyle Chicken</u> w/^ <u>Gravy</u> , ^ <u>Stuffing</u> , Green Beans and Fresh Fruit Selection (V=Veggie Nuggets) ^ <u>Sweet Potato Pie</u>	 <h1>Thanksgiving Holiday!</h1> <h2>School Closed!</h2>		

ORGANIC OFFERINGS:

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

FRESH FRUIT OFFERINGS:

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