

NS Suzuki School Menu February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
				<u>Peaches and Cream Oatmeal</u>
				^ <u>Vegetable Alfredo Pasta w/ Broccoli</u> , ^* <u>Warm Garlic Bread</u> , and Fruit Selection
				<u>Cheese w/ ^Crackers</u>
4	5	6	7	8
^ <u>Warm Biscuits</u> with Jam	* <u>Veggie Frittata</u>	^ <u>Maple Brown Sugar Cream of Wheat</u>	*^ <u>Homemade Strawberry Bread</u>	* <u>Scrambled Eggs with Cheese</u>
<u>Sweet Potato and Black Bean Enchilada Pie</u> w/ Fiesta Rice, Corn Salsa, and Fruit Selection	^* <u>Veggie Pot Pie</u> w/ Green Beans, Cauliflower, and Baked Apples	Chicken and Apple Curry w/ Steamed Rice, Green Beans, ^* <u>Warm Rolls</u> , and Fruit Selection V= Vegetable Curry	<u>Broccoli and Cheese Casserole</u> w/ Maple Glazed Carrots, Roasted Corn, Fresh Fruit Selection	Spanish Style Black Beans w/ Yellow Rice, Plantains, Green Beans, and Fruit Selection
^Housemade Trail Mix	^Warm Pita w/ Hummus	Fresh Fruit Selection	Apple Slices w/ <u>Yogurt Dip</u>	^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u>
11	12	13	14	15
<u>Yogurt</u> with Fresh Fruit	^Housemade Breakfast Bars	^* <u>French Toast Casserole</u>	<u>Strawberry Mango Smoothie</u>	^ <u>Multi-grain Cheerios</u> with Fresh Fruit
^ <u>Four Cheese Ravioli w/ Marinara Sauce</u> , Broccoli, ^* <u>Warm Garlic Bread</u> , and Fruit Selection	Hawaiian Chicken w/ Brown Rice, Green Peas and Carrots, ^* <u>Warm Rolls</u> , and Fruit Selection V=Meatless Hawaiian Chicken	^Ground Turkey Taco w/ Saffron Rice, Sweet Corn with Peppers, Fruit Selection V=^Tofu Crumble Taco	Ratatouille w/ Steamed Rice, ^* <u>Warm Rolls</u> , and Fruit Selection Selection	^ <u>Grilled Cheese Sandwiches</u> w/ Green Peas, Crisp Sweet Potato Fries, and Fresh Fruit Selection
^Pita Chips w/ <u>Housemade Spinach Dip</u>	Baked Spiced Peaches w/ <u>Yogurt</u>	Sunflower Butter w/ ^Crackers	*^ <u>Homemade Mixed Berry Bread</u>	Fresh Guacamole w/ ^Pita Chips
18	19	20	21	22
<u>Cheese Grits</u>	Cereal Sundaes (<u>yogurt</u> , fruit and ^Cheerios)	^ <u>Cheese Toast</u>	*^ <u>Veggie Quiche</u>	<u>Banana Maple Parfait</u>
^ <u>Black Bean Quesadillas</u> w/ Sweet Corn, Fiesta Rice, and Fresh Fruit Selection	^ <u>Macaroni and Three Cheese Pasta</u> w/ Maple Glazed Brussel Sprouts, Housemade Cornbread, Mixed Berry Applesauce	Barbecue Chicken w/ Broccoli, ^* <u>Warm Rolls</u> , and Fruit Selection V=Veggie Patty	^ <u>Veggie Tortilla Casserole</u> w/ Green Beans, and Fruit Selection	White Bean and Chicken Chili w/ Steamed Rice, Garlic Green Beans, and Fruit Selection V=Vegetarian White Bean Chili
Monkey Munch Trail Mix w/ <u>Yogurt</u>	^Warm Pita w/ Hummus	^ <u>Celebration Homemade Berry Cobbler</u>	<u>Cheese w/ ^Crackers</u>	*^ <u>Broccoli and Cheese Bites</u>
25	26	27	28	1
Read Across America Book Drive				
<u>Blueberries and Cream Oatmeal</u>	*^ <u>Breakfast Quesadillas</u>	^Avocado Toast	<u>Pineapple Coconut Smoothie</u>	<i>Green Eggs and Ham</i> * <u>Scrambled Eggs w/ Cheese</u>
<i>Pete's Big Lunch</i> ^Turkey Sandwiches w/ Broccoli and Sweet Potato Fries, Fruit Selection V= Veggie Patty	<i>One Fish, Two Fish, Red Fish, Blue Fish</i> ^ <u>Fish Sticks</u> w/ Yellow Rice, Broccoli, and Fruit Selection V=Veggie Nuggets	Chick Pea Curry w/ Steamed Rice, Green Beans, and Fruit Selection	<i>Fox in Socks</i> ^Poodles' Noodles w/ Turkey Marinara, Green Peas, and Fruit Selection V= ^Poodles' Noodles w/ Marinara	*Vegetable Fried Rice w/ ^* <u>Baked Egg Rolls</u> , Stir Fry Vegetables, and Fresh Fruit Selection
^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u>	Fresh Fruit Selection	<i>Jungle Book</i> ^Trail Mix	Apple Slices w/ Sunflower Butter	Baked Spiced Peaches w/ <u>Yogurt</u>