



NS Suzuki School Menu January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
	SCHOOL CLOSED FOR WINTER HOLIDAYS		Maple Brown Sugar Oatmeal	<u>Yogurt</u> with Fresh Fruit
			*Vegetable Fried Rice w/ ^*Baked Egg Rolls, Stir Fry Vegetables, and Fresh Fruit Selection	^ <u>Spinach and Kale Pesto Pasta</u> w/ Sweet Carrots, ^* <u>Warm Rolls</u> , and Fruit Selection
			<u>Cheese</u> w/ ^Crackers	^Warm Pita w/ Hummus
7	8	9	10	11
<u>Cheese Grits</u>	*^ <u>Homemade Banana Bread</u>	Avocado ^Toast	^Housemade Breakfast Bars	<u>Strawberry Mango Smoothie</u>
Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, Housemade Cornbread and Fruit Selection	Apricot Glazed Chicken w/ Cous Cous, Green Peas, ^Warm Pita Bread, and Fresh Fruit Selection (V= Apricot Glazed Tofu)	^Macaroni and Three Cheese Pasta w/ Maple Glazed Brussel Sprouts, Housemade Cornbread, Mixed Berry Applesauce	^Ground Turkey Taco w/ Saffron Rice, Sweet Corn with Peppers, Fruit Selection V=Tofu Crumble Taco	^Roasted Vegetable Pasta w/ Marinara, Sweet Carrots, ^* <u>Warm Garlic Bread</u> , and Fruit Selection
^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u>	Fresh Fruit Selection	^Pita Chips w/ <u>Housemade Spinach Dip</u>	Baked Spiced Peaches w/ <u>Yogurt</u>	Sunflower Butter w/ ^Crackers
14	15	16	17	18
^Warm Biscuits with Jam	Cereal Sundaes (<u>yogurt</u> , fruit and ^Cheerios)	*^ <u>Veggie Quiche</u>	^ <u>Cheese Toast</u>	^* <u>French Toast Casserole</u>
Chick Pea Curry w/ Steamed Rice, Green Beans, and Fruit Selection	^ <u>Veggie Taco Spaghetti Pie</u> w/ Sweet Corn and Fruit Selection	Chicken Jambalaya w/ Brown Rice, Broccoli, and Fresh Fruit Selection (V=Veggie Jambalaya Rice)	Ground Turkey Sloppy Joes w/ ^* <u>Warm Rolls</u> , Green Beans, and Fresh Fruit Selection V=Tofu Crumble Sloppy Joe	<u>Broccoli and Cheese Casserole</u> w/ Maple Glazed Carrots, Roasted Corn, Fresh Fruit Selection
^Warm Soft Pretzels w/ <u>Cheddar Sauce</u>	Fresh Bananas w/ ^Graham Crackers	^* <u>Homemade Chocolate Zucchini Bread</u>	Apple Slices w/ <u>Yogurt Dip</u>	Fresh Guacamole w/ ^Pita Chips
21	22	23	24	25
	<u>Carrot + Peach Smoothie</u>	*^ <u>Breakfast Quesadillas</u>	Cinnamon Raisin Oatmeal	* <u>Scrambled Eggs w/ Salsa and Cheese</u>
CLOSED FOR MLK DAY	^ <u>Veggie Tortilla Casserole</u> w/ Turkey Crumbles, Green Beans, and Fruit Selection	Homestyle Chicken w/ Gravy, Rosemary Potatoes, Green Beans, and Fruit Selection V=Veggie Patty	^ <u>Grilled Cheese Sandwiches</u> w/ Green Peas, Crisp Sweet Potato Fries, and Fresh Fruit Selection	^ <u>Fish Sticks</u> w/ Yellow Rice, Broccoli, and Fresh Fruit Selection V=Veggie Nuggets
	^* <u>Broccoli and Cheese Bites</u>	<u>Cheese</u> w/ ^Crackers	^Housemade Trail Mix	Apple Slices w/ Sunflower Butter
28	29	30	31	1
^Multi-grain Cheerios with Fresh Fruit	* <u>Three Cheese Frittata</u>	<u>Grits with Butter</u>	* <u>Scrambled Eggs with Cheese</u>	
<u>Cheese Quesadilla</u> on ^Spinach Tortilla w/ Black Beans, Green Beans, and Fruit Selection	Rotisserie Style Chicken w/ Cauliflower Mash, Peas and Carrots, ^* <u>Warm Rolls</u> , and Fruit Selection V=Veggie Patty	^*Turkey Meatloaf w/ Yellow Squash, Vegetable Medley, ^* <u>Warm Rolls</u> and Fresh Fruit Selection V=Veggie Patty	Veggie Chili w/ Vegetable Medley, Housemade Cornbread, and Fruit Selection	
Baked Spiced Peaches w/ <u>Yogurt</u>	^Pita Chips w/ <u>Housemade Spinach Dip</u>	^* <u>Celebration Homemade Confetti Cake</u>	^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u>	