

NS Suzuki School Menu

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
			<p>^Avocado Toast</p> <p>Hawaiian Chicken w/ Brown Rice, Green Peas and Carrots, Warm Rolls, and Fruit Selection (V=Meatless Hawaiian Chicken)</p> <p>Apple Slices w/ <u>Yogurt Dip</u></p>	<p><u>Blueberries and Cream Oatmeal</u></p> <p>Chick Pea Curry w/ Steamed Rice, ^Housemade Cornbread, and Fruit Selection</p> <p>^*<u>Broccoli and Cheese Bites</u></p>
5	6	7	8	9
<p><u>Banana Maple Parfait</u></p> <p>Vegetable Fried Rice w/ *Baked Egg Rolls, Stir Fry Vegetables, and Fresh Fruit Selection</p> <p><u>Cheese w/ ^Crackers</u></p>	<p>^*<u>Breakfast Quesadillas</u></p> <p>Peachy Barbecue Chicken w/ Garlic Green Beans, ^*<u>Warm Rolls</u>, and Fruit Selection (V=Meatless Peachy Barbecue)</p> <p>Baked Spiced Peaches w/ <u>Yogurt</u></p>	<p><u>Cheese Grits</u></p> <p>^*Turkey Meatloaf w/ Steamed Rice, Vegetable Medley, ^*<u>Warm Rolls</u>, and Fresh Fruit Selection (V=*Veggie Patty)</p> <p><u>Applesauce-Yogurt Swirl</u></p>	<p>^*<u>French Toast Casserole</u></p> <p>Spanish Style Black Beans w/ Yellow Rice, Plantains, Green Beans, and Fruit Selection</p> <p>Fresh Fruit Selection</p>	<p><u>Pineapple-Coconut Smoothie</u></p> <p>^*<u>Veggie Taco Spaghetti</u> Pie w/ Sweet Corn and Fruit Selection</p> <p>Fresh Guacamole w/ ^Pita Chips</p>
12	13	14	15	16
<p>Cereal Sundaes (<u>yogurt</u>, fruit, and ^Cheerios)</p> <p><u>Macaroni and Three Cheese Pasta</u> w/ Lima Beans, ^Housemade Cornbread, Mixed Berry Applesauce</p> <p>^Housemade Trail Mix</p>	<p>^Warm Biscuits w/ Jam</p> <p>^Ground Turkey Taco w/, Saffron Rice, Sweet Corn w/ Peppers, Fruit Selection (V=^Tofu Crumble Taco)</p> <p>^Pita Chips w/ <u>Housemade Spinach Dip</u></p>	<p>^*<u>Veggie Quiche</u></p> <p>Orange Chicken w/ Brown Rice, Stir Fry Vegetables, and Fruit Selection (V=Meatless Orange Chicken)</p> <p>Homemade Jello w/ Fruit</p>	<p>*<u>Scrambled Eggs w/ Cheese</u></p> <p>^*<u>Roasted Vegetable Pasta</u> w/ Marinara, Sweet Carrots, ^*<u>Warm Garlic Bread</u>, and Fruit Selection</p> <p>Sunflower Butter w/ ^Crackers</p>	<p>^*<u>Homemade Strawberry Bread</u></p> <p>^*<u>Chicken Nuggets</u> w/ Peas and Carrots, ^*<u>Warm Rolls</u>, and Fruit Selection (V=*Veggie Nuggets)</p> <p>^Warm Pita w/ Hummus</p>
19	20	21	22	23
<p>^<u>Cheese Toast</u></p> <p>Sunbutter Pad Thai w/ Broccoli, ^*<u>Warm Rolls</u>, and Fruit Selection</p> <p>^Monkey Munch Trail Mix w/ <u>Yogurt</u></p>	<p>Housemade Hash w/ Peppers and Onions</p> <p>Rotisserie Style Chicken w/ Cauliflower, Peas and Carrots, ^*<u>Warm Rolls</u>, and Fruit Selection (V=*Veggie Patty)</p> <p>^Warm Soft Pretzels w/ <u>Cheddar Sauce</u></p>	<p><u>Blueberry-Pineapple Smoothie</u></p> <p>Turkey and Wild Rice Casserole, Sweet Carrots, ^*<u>Warm Rolls</u>, and Fruit Selection (V=^Tofu and Wild Rice Casserole)</p> <p>Baked Spiced Apples w/ <u>Yogurt</u></p>	<p>^Housemade Breakfast Bars</p> <p>^*<u>Chili Lime Fish Stick Tacos</u> w/ Mango Salsa, Fiesta Rice, Sweet Corn and Fruit Selection (V=^Meatless Taco)</p> <p>^Pita Chips w/ <u>Housemade Spinach Dip</u></p>	<p><u>Strawberry and Cream Oatmeal</u></p> <p>^*<u>Grilled Cheese Sandwiches</u> w/ Green Peas, Crisp Sweet Potato Fries, and Fresh Fruit Selection</p> <p>Watermelon Salad w/ Mint and Lime</p>
26	27	28	29	30
<p>*<u>Three Cheese Frittata</u></p> <p>^*<u>Spinach and Kale Pesto Pasta</u> w/ Sweet Carrots, ^*<u>Warm Rolls</u>, Fruit Selection</p> <p><u>Cheese w/ ^Crackers</u></p>	<p>*^*<u>Homemade Morning Glory Bread</u></p> <p>^*Turkey Stroganoff w/ Egg Noodles, Green Beans, and Mixed Berry Applesauce (V=^*<u>Meatless Stroganoff</u>)</p> <p>Fresh Guacamole w/ ^Pita Chips</p>	<p><u>Yogurt w/ Fresh Fruit</u></p> <p>Ground Turkey Sloppy Joes on ^*<u>Warm Rolls</u>, Green Beans, and Fresh Fruit Selection (V=^Tofu Crumble Sloppy Joe)</p> <p>^*<u>Celebration Homemade Confetti Cake</u></p>	<p><u>Maple Brown Sugar Oatmeal</u></p> <p>^*<u>Four Cheese Ravioli</u> w/ Marinara Sauce, Broccoli, ^*<u>Warm Garlic Bread</u>, and Fruit Selection</p> <p>Apple Slices w/ <u>Yogurt Dip</u></p>	<p><u>Grits w/ Butter</u></p> <p>Chicken and Apple Curry w/ Steamed Rice, Green Beans, ^*<u>Warm Rolls</u>, and Fruit Selection (V=Veg. Curry)</p> <p>^Housemade Trail Mix</p>
2	3	4	5	6
<p>We offer the following products organic on the menu:</p> <p>Carrots Broccoli Mixed Berries Cherries Strawberries Fresh Spinach Canned Tomato Products</p>	<p>Fresh Fruit Selections:</p> <p>Apple Slices Orange Smiles Bananas Melons</p>	<p>Frozen Fruit Selections:</p> <p>Peaches Mangos Pineapples Strawberries Tropical Mix Mixed Fruit Mixed Berries Cherries</p>	<p>5:00pm Snack Options:</p> <p>Goldfish Graham Crackers Ritz or Club Crackers Vanilla Wafers Animal Cookies Chex Mix</p>	<p>Menu Coding:</p> <p>V = Vegetarian Entrée Option *Asterisk = May contain eggs <u>Underline</u> = May contain dairy ^Arrow = May contain Wheat</p> <p>*Some pre-packaged foods and/or ingredients may have been processed in a facility that also processes nut products, and menu items are subject to change.</p>