



NS Suzuki School Menu

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
26 We offer the following products organic on the menu: Carrots Broccoli Mixed Berries Cherries Strawberries Fresh Spinach Canned Tomato Products	27 Fresh Fruit Selections: Apple Slices Orange Smiles Bananas Melons	28 Frozen Fruit Selections: Peaches Mangos Pineapples Strawberries Tropical Mix Mixed Fruit Mixed Berries Cherries	29 5:00pm Snack Options: Goldfish Graham Crackers Ritz or Club Crackers Vanilla Wafers Animal Cookies Chex Mix	30 Menu Coding: V = Vegetarian Entrée Option *Asterisk = May contain eggs <u>Underline</u> = May contain dairy ^Arrow = May contain Wheat *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.
2 School Closed for Labor Day 	3 <u>Cheese Grits</u> Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, ^Housemade Cornbread and Fruit Selection <u>Applesauce-Yogurt Swirl</u>	4 <u>^Breakfast Quesadillas</u> Homestyle Chicken w/ Gravy, Rosemary Potatoes, Green Beans, and Fruit Selection (V=*Veggie Patty) <u>Cheese w/ ^Crackers</u>	5 <u>^Blueberry Crunch Bake</u> <u>^Spinach-Artichoke Pasta w/ Maple Glazed Carrots, ^Warm Pita Bread, and Fruit Selection</u> Fresh Fruit Selection	6 <u>Orange-Peach Smoothie</u> <u>^Veggie Tortilla Casserole w/ Green Beans, and Fruit Selection</u> <u>^Housemade Trail Mix</u>
9 <u>Banana Maple Parfait</u> Veggie Chili w/ Vegetable Medley, ^Housemade Cornbread, and Fruit Selection <u>^Homemade Berry Bread</u>	10 <u>*Maple Apple Baked Oatmeal</u> <u>^Veggie Tetrazzini w/ Spinach and Parmesan, Carrots, and Fresh Fruit Selection</u> Apple Slices w/ <u>Yogurt Dip</u>	11 Warm Biscuits w/ Jam <u>Broccoli and Cheese Casserole w/ Maple Glazed Carrots, Roasted Corn, Fresh Fruit Selection</u> Fresh Bananas w/ ^Graham Crackers	12 <u>*Scrambled Eggs w/ Cheese</u> <u>^Veggie Pot Pie w/ Green Beans, Cauliflower, and Baked Apples</u> Fresh Guacamole w/ ^Pita Chips	13 Housemade Hash w/ Peppers and Onions <u>^Alfredo Pasta w/ Broccoli, ^Warm Garlic Bread, and Fruit Selection</u> <u>^Warm Pita w/ Hummus</u>
16 Cereal Sundaes (<u>yogurt</u> , fruit, and ^Cheerios) <u>^Grilled Cheese Sandwiches w/ Green Peas, Crisp Sweet Potato Fries, and Fresh Fruit Selection</u> <u>^Graham Crackers w/ Housemade Cream Cheese Dip</u>	17 <u>^Housemade Breakfast Bars</u> <u>Wild Rice Casserole w/ Butternut Squash, Garlic Green Beans, ^Warm Rolls, and Fruit Selection</u> <u>^Pita Chips w/ Housemade Spinach Dip</u>	18 <u>*Three Cheese Frittata</u> <u>^Sweet Potato and Black Bean Enchilada Pie w/ Fiesta Rice, Corn Salsa, and Fruit Selection</u> Fresh Fruit Selection	19 Cinnamon-Raisin Oatmeal White Bean and Chicken Chili w/ Steamed Rice, Garlic Green Beans, and Fruit Selection (V=Veg. White Bean Chili) <u>^Warm Soft Pretzels w/ Cheddar Sauce</u>	20 <u>^Cheese Toast</u> Ground Turkey Sloppy Joes on <u>^Warm Rolls</u> , Green Beans, and Fresh Fruit Selection (V=Tofu Crumble Sloppy Joe) Baked Spiced Apples w/ <u>Yogurt</u>
23 <u>Yogurt w/ Fresh Fruit</u> <u>^Macaroni and Three Cheese Pasta w/ Maple Glazed Brussel Sprouts, ^Housemade Cornbread, Mixed Berry Applesauce</u> <u>^Housemade Trail Mix</u>	24 <u>^Homemade Morning Glory Bread</u> Chicken and Apple Curry w/ Steamed Rice, Green Beans, ^Warm Rolls, and Fruit Selection (V=Veg. Curry) Sunflower Butter w/ ^Crackers	25 <u>*Scrambled Eggs w/ Cheese and Salsa</u> <u>^Chili Lime Fish Stick Tacos w/ Mango Salsa, Fiesta Rice, Sweet Corn and Fruit Selection (V=^Meatless Taco)</u> Celebration Homemade Berry Cobbler	26 <u>^Warm Biscuits w/ Jam</u> Spanish Style Black Beans w/ Yellow Rice, Plantains, Green Beans, and Fruit Selection <u>^Broccoli and Cheese Bites</u>	27 <u>^Cream of Wheat</u> Chicken Souvlaki w/ Brown Rice, Broccoli, <u>^Warm Rolls</u> , and Fruit Selection (V=*Veggie Patty) Baked Spiced Peaches w/ <u>Yogurt</u>
30 School Closed for the High Holiday 	1	2	3	4