



# NS Suzuki School Menu

# November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
				Maple Pumpkin Spice Oatmeal  Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, ^Housemade Cornbread and Fruit Selection  Fresh Bananas w/ ^Graham Crackers
4	5	6	7	8
^Avocado Toast  <u>Broccoli and Cheese Casserole</u> w/ Maple Glazed Carrots, Fresh Fruit Selection  Baked Spiced Peaches w/ <u>Yogurt</u>	*^ <u>Breakfast Quesadillas</u>  Curry Chicken w/ Caribbean Rice and Beans, Green Peas, and Fruit Selection (V=Meatless Curry)  Fresh Guacamole w/ ^Pita Chips	*^ <u>Homemade Morning Glory Bread</u>  ^Ground Turkey Taco w/ Saffron Rice, Sweet Corn w/ Peppers, Fruit Selection (V=^Tofu Crumble Taco)  ^Housemade Trail Mix	Cereal Sundaes ( <u>yogurt</u> , fruit, and ^Cheerios)  ^ <u>Spinach and Kale Pesto Pasta</u> w/ Sweet Carrots, ^ <u>Warm Rolls</u> , Fruit Selection  Hummus on ^Toast w/ Fresh Cucumbers	Housemade Hash w/ Peppers and Onions  Lemon-Herb Baked Chicken w/ Cauliflower Mash, Garlic Green Beans, ^ <u>Warm Rolls</u> , and Fresh Fruit Selection (V=*Veggie Patty)  <u>Cheese</u> w/ ^Crackers
11	12	13	14	15
**Scrambled Eggs w/ <u>Cheese</u> and Salsa  ^ <u>Four Cheese Ravioli</u> w/ Marinara Sauce, Broccoli, ^Warm Garlic Bread, and Fruit Selection  ^Pita Chips w/ <u>Housemade Spinach Dip</u>	^Breakfast Trail Mix w/ <u>Yogurt</u>  *^Turkey Meatloaf w/ Roasted Ranch Potatoes, Vegetable Medley, and Fruit Selection (V=*Veggie Patty)  Sunflower Butter w/ ^Crackers	^ <u>Cream Cheese Toast</u> w/ Fresh Fruit  White Bean and Chicken Chili w/ Garlic Green Beans, ^ <u>Warm Rolls</u> , and Fruit Selection (V=Veg. White Bean Chili)  Roasted Corn Salsa w/ ^Pita Chips	^Warm Biscuits w/ Jam  Spanish Style Black Beans w/ Yellow Rice, Plantains, Green Beans, and Fruit Selection  Fresh Fruit w/ <u>Cheese</u>	<u>Green Smoothie</u>  ^ <u>Fish Sticks</u> w/ Sweet Potato Fries, Broccoli, and Fresh Fruit Selection (V=Veggie Nuggets)  Black Bean Hummus w/ Fresh Cucumbers
18	19	20	21	22
*^ <u>French Toast Casserole</u>  ^ <u>Cheese Quesadilla</u> w/ Yellow Rice, Broccoli, and Fruit Selection  Apple Slices w/ <u>Yogurt Dip</u>	*^ <u>Scrambled Eggs</u> w/ <u>Cheese</u>  Ground Turkey Sloppy Joes on ^ <u>Warm Rolls</u> , Green Beans, and Fruit Selection (V=^Tofu Crumble Sloppy Joe)  ^Warm Soft Pretzels w/ <u>Cheddar Sauce</u>	Cinnamon-Raisin Oatmeal  ^ <u>Tetrazzini</u> w/ <u>Spinach and Parmesan</u> , Sweet Carrots, and Fruit Selection  *^ <u>Celebration Pumpkin Pie</u>	^Multigrain Cheerios w/ Fresh Fruit  ^ <u>Sweet Potato and Black Bean Enchilada Pie</u> w/ Vegetable Medley, and Fruit Selection  ^Pita Chips w/ Hummus	^Sunflower Butter Toast w/ Fresh Bananas  Turkey and Wild Rice Casserole, Green Peas, ^ <u>Warm Rolls</u> , and Fruit Selection (V=^Tofu and Wild Rice Casserole)  ^Monkey Munch Trail Mix w/ <u>Yogurt</u>
25	26	27	28	29
^ <u>Banana Maple Parfait</u>  ^ <u>Grilled Cheese Sandwiches</u> w/ Green Peas, Crisp Sweet Potato Fries, and Fruit Selection  Fresh Guacamole w/ ^Pita Chips	<u>Cheese Grits</u>  Roasted Turkey w/ Gravy, Roasted Potatoes, Green Beans, ^ <u>Warm Rolls</u> , and Fruit Selection (V= *Veggie Patty)  Fresh Fruit Selection		<b>CLOSED FOR THANKSGIVING BREAK</b>	
2	3	4	5	6
<b>We offer the following products organic on the menu:</b> Carrots Broccoli Mixed Berries Cherries Strawberries Fresh Spinach Canned Tomato Products	<b>Fresh Fruit Selections:</b> Apple Slices Orange Slices Bananas Melons	<b>Frozen Fruit Selections:</b> Peaches Mangos Pineapples Strawberries Tropical Mix Mixed Fruit Mixed Berries Cherries	<b>5:00pm Snack Options:</b> Goldfish Graham Crackers Ritz or Club Crackers Vanilla Wafers Animal Cookies Chex Mix	<b>Menu Coding:</b> 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.