




NS Suzuki School Menu

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
	<p>SCHOOL CLOSED FOR HIGH HOLIDAY</p> 	<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>Homemade Berry Bread</u></p>	<p><u>Cheese Grits</u></p> <p>[^]<u>Vegetable Lasagna</u> w/ Garlic Green Beans and Fresh Fruit Selection</p> <p>Fresh Guacamole w/ [^]Pita Chips</p>	<p>[*]<u>Spinach + Cheese Frittata</u></p> <p>[^]Turkey Meatloaf w/ Roasted Radishes, Vegetable Medley, [^]<u>Warm Rolls</u>, and Fresh Fruit Selection (V=[*]Veggie Patty)</p> <p>[^]Graham Crackers w/ <u>Housemade Cream Cheese Dip</u></p>
7	8	9	10	11
<p>[^]<u>Cinnamon Toast</u></p> <p><u>Broccoli and Cheese Casserole</u> w/ Maple Glazed Carrots, Roasted Corn, Fresh Fruit Selection</p> <p>[^]Warm Soft Pretzels w/ <u>Cheddar Sauce</u></p>	<p>[^]<u>Baked Cinnamon Apple Crumble</u></p> <p>Rotisserie Style Chicken w/ Cauliflower Mash, Green Peas, [^]<u>Warm Rolls</u>, and Fruit Selection (V=[*]Veggie Patty)</p> <p>Fresh Fruit w/ <u>Cheese</u></p>	<p>SCHOOL CLOSED FOR HIGH HOLIDAY</p> 	<p>[^]Multigrain Cheerios w/ Fresh Fruit</p> <p>[^]Roasted Vegetable Pasta w/ Marinara, Sweet Carrots, [^]Warm Garlic Bread, and Fruit Selection</p> <p>Baked Spiced Apples w/ <u>Yogurt</u></p>	<p>Maple Brown Sugar Oatmeal</p> <p>Chicken Fajitas w/ Peppers, Fiesta Rice, Sweet Corn, [^]Warm Tortillas, and Fruit Selection (V=[*]Veggie Patty)</p> <p>[^]Housemade Trail Mix</p>
14	15	16	17	18
<p>[^]Avocado Toast</p> <p>Veggie Chili w/ Vegetable Medley, [^]Housemade Cornbread, and Fruit Selection</p> <p><u>Cheese</u> w/ [^]Crackers</p>	<p>Sunflower Butter on [^]Toast w/ Fresh Bananas</p> <p>[^]<u>Cheese Quesadilla</u> w/ Black Beans, Sweet Corn, and Fruit Selection</p> <p>Fresh Fruit Selection</p>	<p>[*]<u>Homemade Morning Glory Bread</u></p> <p>[^]Turkey Stroganoff w/ Egg Noodles, Green Beans, and Mixed Berry Applesauce (V=[^]Meatless Stroganoff)</p> <p>[^]Pita Chips w/ <u>Housemade Spinach Dip</u></p>	<p><u>Yogurt</u> w/ Fresh Fruit</p> <p>Chicken Tikka w/ Steamed Rice, Vegetable Medley, and Fruit Selection (V=Meatless Chicken Tikka)</p> <p>Hummus on [^]Toast w/ Fresh Cucumbers</p>	<p>[^]<u>French Toast Casserole</u></p> <p>[^]Chicken Nuggets w/ Sweet Carrots, [^]<u>Warm Rolls</u>, and Fruit Selection (V=Veggie Nuggets)</p> <p>Apple Slices w/ <u>Yogurt Dip</u></p>
21	22	23	24	25
<p>Cinnamon-Raisin Oatmeal</p> <p>[^]<u>Spinach and Kale Pesto Pasta</u> w/ Sweet Carrots, [^]<u>Warm Rolls</u>, Fruit Selection</p> <p>[*]<u>Housemade Chocolate-Zucchini Bread</u></p>	<p><u>Cream Cheese</u> on [^]Toast w/ Fresh Fruit</p> <p>[^]<u>Veggie Tortilla Casserole</u> w/ Green Beans, and Fruit Selection</p> <p>Sunflower Butter w/ [^]Crackers</p>	<p>[^]Warm Biscuits w/ Jam</p> <p>Spanish Style Black Beans w/ Yellow Rice, Plantains, Vegetable Medley, and Fruit Selection</p> <p>Baked Spiced Peaches w/ <u>Yogurt</u></p>	<p>[*]Scrambled Eggs w/ <u>Cheese</u> and Salsa</p> <p>Lemon-Herb Baked Chicken w/ Brown Rice, Broccoli, [^]<u>Warm Rolls</u>, and Fresh Fruit Selection (V=[*]Veggie Patty)</p> <p>Fresh Guacamole w/ [^]Pita Chips</p>	<p>Housemade Hash w/ Peppers and Onions</p> <p>Turkey and Wild Rice Casserole, Green Peas, and Fruit Selection</p> <p>Fresh Fruit w/ <u>Cheese</u></p>
28	29	30	31	1
<p>[*]<u>Blueberry Crunch Bake</u></p> <p>[^]<u>Macaroni and Three Cheese Pasta</u> w/ Maple Glazed Brussel Sprouts, [^]Housemade Cornbread, Fruit Selection</p> <p>[^]Pita Chips w/ Hummus</p>	<p>[*]<u>Breakfast Quesadillas</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>Cheese</u> w/ [^]Crackers</p>	<p>Grits w/ Butter</p> <p><u>Orange Chicken</u> w/ Brown Rice, Stir Fry Vegetables, and Fruit Selection (V=<u>Meatless Orange Chicken</u>)</p> <p>[^]<u>Celebration Pumpkin Gingerbread</u></p>	<p>Candy Corn Sundaes (pineapple, oranges, and <u>yogurt</u>)</p> <p>[^]<u>Bats and Cobwebs</u>, Broccoli, [^]Warm Dracula (Garlic) Rolls, and Fresh Fruit</p> <p> [^]Spooky Trail Mix</p>	
4	5	6	7	8
<p>We offer the following products organic on the menu:</p> <ul style="list-style-type: none"> Carrots Broccoli Mixed Berries Cherries Strawberries Fresh Spinach Canned Tomato Products 	<p>Fresh Fruit Selections:</p> <ul style="list-style-type: none"> Apple Slices Orange Slices Bananas Melons 	<p>Frozen Fruit Selections:</p> <ul style="list-style-type: none"> Peaches Mangos Pineapples Strawberries Tropical Mix Mixed Fruit Mixed Berries Cherries 	<p>5:00pm Snack Options:</p> <ul style="list-style-type: none"> Goldfish Graham Crackers Ritz or Club Crackers Vanilla Wafers Animal Cookies CheX Mix 	<p>Menu Coding:</p> <p>V = Vegetarian Entrée Option</p> <p>[*]Asterisk = May contain eggs</p> <p><u>Underline</u> = May contain dairy</p> <p>[^]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>