



NS Suzuki School Menu

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
2	3	4	5	6
<p>Maple Brown Sugar Oatmeal</p> <p><u>Macaroni and Three Cheese Pasta</u> w/ Maple Glazed Brussel Sprouts, ^Housemade Cornbread, Mixed Berry Applesauce</p> <p>^Pita Chips w/ Hummus</p>	<p>^Avocado Toast</p> <p>Orange Chicken w/ Brown Rice, Stir Fry Vegetables, and Fruit Selection (V=Meatless Orange Chicken)</p> <p><u>Cheese</u> w/ ^Crackers</p>	<p><u>Green Smoothie</u></p> <p>^<u>Veggie Taco Spaghetti Pie</u> w/ Sweet Corn and Fruit Selection</p> <p>Baked Spiced Peaches w/ <u>Yogurt</u></p>	<p><u>Cheese Grits</u></p> <p>Veggie Chili w/ Vegetable Medley, ^Housemade Cornbread, and Fruit Selection</p> <p>Fresh Fruit Selection</p>	<p>*^<u>Veggie Quiche</u></p> <p>^<u>Fish Sticks</u> w/ ^<u>Buttered Noodles</u>, Broccoli, and Fresh Fruit Selection (V=Veggie Nuggets)</p> <p>Sunflower Butter w/ ^Crackers</p>
9	10	11	12	13
<p>*^<u>Breakfast Quesadillas</u></p> <p>^<u>Spinach-Artichoke Pasta</u> w/ Maple Glazed Carrots, and Fruit Selection</p> <p>Fresh Guacamole w/ ^Pita Chips</p>	<p>^<u>Cream Cheese Toast</u> w/ Fresh Fruit</p> <p>Apricot Glazed Chicken w/ Yellow Rice, Green Peas, ^*<u>Warm Rolls</u>, and Fruit Selection (V=Apricot Glazed Tofu)</p> <p>^Warm Soft Pretzels w/ <u>Cheddar Sauce</u></p>	<p>^Warm Biscuits w/ Jam</p> <p>^Tukey Pot Pie w/ Green Beans and Baked Apples (V=^Veggie Pot Pie)</p> <p>Fresh Fruit w/ <u>Cheese</u></p>	<p>Maple Pumpkin Spice Oatmeal</p> <p>Chick Pea Curry w/ Steamed Rice, ^Housemade Cornbread, and Fruit Selection</p> <p>Graham Crackers w/ <u>Housemade Cream Cheese Dip</u></p>	<p>*^<u>Homemade Blueberry Bread</u></p> <p>Homestyle Chicken w/ Gravy, Rosemary Potatoes, Green Peas, and Fruit Selection (V=*Veggie Patty)</p> <p>Apple Slices w/ <u>Yogurt Dip</u></p>
16	17	18	19	20
<p>^<u>Banana Maple Parfait</u></p> <p>Vegetable Fried Rice w/ ^*Baked Egg Rolls, Stir Fry Vegetables, and Fresh Fruit Selection</p> <p>Housemade Trail Mix</p>	<p>^<u>Cinnamon Toast</u></p> <p>Chicken Fajitas w/ Peppers, Fiesta Rice, Sweet Corn, Fruit Selection, and ^Warm Tortillas (V= *Veggie Patty)</p> <p>Baked Spiced Apples w/ <u>Yogurt</u></p>	<p>Grits w/ <u>Butter</u></p> <p>*^<u>Veggie Lasagna</u> w/ Garlic Green Beans and Fresh Fruit Selection</p> <p>*^<u>Celebration Pumpkin Gingerbread</u></p>	<p>*^<u>French Toast Casserole</u></p> <p>Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, ^Housemade Cornbread and Fruit Selection</p> <p>Roasted Corn Salsa w/ ^Pita Chips</p>	<p>^*<u>Homemade Morning Glory Bread</u></p> <p>^<u>Spinach and Kale Pesto Pasta</u> w/ Sweet Carrots, ^*<u>Warm Rolls</u>, Fruit Selection</p> <p>^Hummus on Toast w/ Fresh Cucumbers</p>
23	24	25	26	27
<p>SCHOOL CLOSED FOR WINTER BREAK</p>		<p>SCHOOL CLOSED FOR WINTER BREAK</p>		<p>SCHOOL CLOSED FOR WINTER BREAK</p>
30	31	1	2	3
<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 Smiles 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>