


# Suzuki School Menu

# January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
		<p><b>SCHOOL CLOSED FOR NEW YEARS DAY</b></p> 	<p>^Avocado Toast</p> <p>^Macaroni and Three Cheese Pasta w/ Maple Glazed Brussel Sprouts, ^Housemade Cornbread, Mixed Berry Applesauce</p> <p>^Housemade Trail Mix</p>	<p>*<u>Scrambled Eggs w/ Cheese</u></p> <p>^Turkey Tortilla Casserole w/ Green Beans, and Fruit Selection (V=^Meatless Tortilla Casserole)</p> <p>^Pita Chips w/ Hummus</p>
6	7	8	9	10
<p>Cinnamon-Raisin Oatmeal</p> <p>Chick Pea Curry w/ Steamed Rice, ^Housemade Cornbread, and Fruit Selection</p> <p>Apple Slices w/ <u>Yogurt Dip</u></p>	<p><u>Blueberry-Pineapple Smoothie</u></p> <p>Lemon-Herb Baked Chicken w/ Roasted Potatoes, Broccoli, *^Warm Rolls, and Fresh Fruit Selection (V=*Veggie Patty)</p> <p><u>Cheese</u> w/ ^Crackers</p>	<p>^Warm Biscuits w/ Jam</p> <p>Turkey Chili w/ Sweet Corn, ^Housemade Cornbread and Fruit Selection (V=Veggie Chili)</p> <p>Fresh Guacamole w/ ^Pita Chips</p>	<p>*<u>Three Cheese Frittata</u></p> <p>^Roasted Vegetable Pasta w/ Marinara, Sweet Carrots, ^Warm Garlic Bread, and Fruit Selection</p> <p>Baked Spiced Peaches w/ <u>Yogurt</u></p>	<p>^*<u>Homemade Morning Glory Bread</u></p> <p>Teriyaki Chicken w/ Brown Rice, Stir Fry Vegetables, and Mixed Berry Applesauce (V=Meatless Teriyaki Chicken)</p> <p>Fresh Fruit Selection</p>
13	14	15	16	17
<p>^<u>Cheese Toast</u></p> <p>^<u>Sweet Potato and Black Bean Enchilada Pie</u> w/ Fiesta Rice, Corn Salsa, and Fruit Selection</p> <p>Fresh Bananas w/ ^Graham Crackers</p>	<p>^*<u>Breakfast Quesadillas</u></p> <p><u>Chicken and Wild Rice Casserole</u> w/ Butternut Squash, Garlic Green Beans, ^Warm Rolls, and Fruit Selection (V= <u>Veg. Butternut Squash Casserole</u>)</p> <p>Baked Spiced Apples w/ <u>Yogurt</u></p>	<p>*^<u>French Toast Casserole</u></p> <p>^*<u>Turkey Meatloaf</u> w/ Yellow Squash, Vegetable Medley, ^*<u>Warm Rolls</u>, and Fresh Fruit Selection (V=*Veggie Patty)</p> <p>Sunflower Butter w/ ^Crackers</p>	<p>Grits w/ <u>Butter</u></p> <p>Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, ^Housemade Cornbread and Fruit Selection</p> <p>Hummus on ^Toast w/ Fresh Cucumbers</p>	<p>Housemade Hash w/ Peppers and Onions</p> <p>^Chicken Nuggets w/ Peas and Carrots, ^Warm Rolls, and Fruit Selection (V=Veggie Nuggets)</p> <p>Fresh Fruit w/ <u>Cheese</u></p>
20	21	22	23	24
<p><b>SCHOOL CLOSED FOR MLK, JR DAY</b></p>	<p>^*<u>Homemade Banana Bread</u></p> <p>^<u>Broccoli and Cheese Casserole</u> w/ Maple Glazed Carrots, Roasted Corn, Fresh Fruit Selection</p> <p>^Housemade Trail Mix</p>	<p>*Scrambled Eggs w/ <u>Cheese</u> and Salsa</p> <p>White Bean and Chicken Chili w/ Steamed Rice, Garlic Green Beans, and Fruit Selection (V=Veg. White Bean Chili)</p> <p>^Pita Chips w/ <u>Housemade Spinach Dip</u></p>	<p>^<u>Cinnamon Toast</u></p> <p>Spanish Style Black Beans w/ Yellow Rice, Plantains, Vegetable Medley, and Fruit Selection</p> <p>^Warm Soft Pretzels w/ <u>Cheddar Sauce</u></p>	<p><u>Blueberries and Cream Oatmeal</u></p> <p>*^<u>Turkey Stroganoff w/ Egg Noodles</u>, Broccoli, and Mixed Berry Applesauce (V=^Meatless Stroganoff)</p> <p>^Pita Chips w/ Black Bean Hummus</p>
27	28	29	30	31
<p>Breakfast Trail Mix w/ <u>Yogurt</u></p> <p>^*<u>Four Cheese Ravioli</u> w/ Marinara Sauce, Broccoli, ^Warm Garlic Bread, and Fruit Selection</p> <p>^Pita Chips w/ Hummus</p>	<p>^*<u>Baked Cinnamon Apple Crumble</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>^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u></p>	<p><u>Green Smoothie</u></p> <p>Chicken Fajitas w/ Peppers, Fiesta Rice, Sweet Corn, Fruit Selection, and ^Warm Tortillas (V= *Veggie Patty)</p> <p>^*<u>Celebration Homemade Confetti Cake</u></p>	<p>Cereal Sundaes (<u>yogurt</u>, fruit, and ^Cheerios)</p> <p>^<u>Grilled Cheese Sandwiches</u> w/ Green Peas, Crisp Sweet Potato Fries, and Fresh Fruit Selection</p> <p>Fresh Guacamole w/ ^Pita Chips</p>	<p>^Sunflower Butter Toast w/ Fresh Bananas</p> <p>^<u>Chili Lime Fish Stick Tacos</u> w/ Mango Salsa, Fiesta Rice, Sweet Corn and Fruit Selection (V=^Meatless Taco)</p> <p><u>Cheese</u> w/ ^Crackers</p>
3	4	5	6	7
<p><b>We offer the following products organic on the menu:</b></p> <ul style="list-style-type: none"> <li>Carrots</li> <li>Broccoli</li> <li>Mixed Berries</li> <li>Cherries</li> <li>Strawberries</li> <li>Fresh Spinach</li> <li>Canned Tomato Products</li> </ul>	<p><b>Fresh Fruit Selections:</b></p> <ul style="list-style-type: none"> <li>Apple Slices</li> <li>Orange Smiles</li> <li>Bananas</li> <li>Melons</li> </ul>	<p><b>Frozen Fruit Selections:</b></p> <ul style="list-style-type: none"> <li>Peaches</li> <li>Mangos</li> <li>Pineapples</li> <li>Strawberries</li> <li>Tropical Mix</li> <li>Mixed Fruit</li> <li>Mixed Berries</li> <li>Cherries</li> </ul>	<p><b>5:00pm Snack Options:</b></p> <ul style="list-style-type: none"> <li>Goldfish</li> <li>Graham Crackers</li> <li>Ritz or Club Crackers</li> <li>Vanilla Wafers</li> <li>Animal Cookies</li> <li>Chex Mix</li> </ul>	<p><b>Menu Coding:</b></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>