

# Suzuki School Menu

# February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	31
3	4	5	6	7
<p><u>^Homemade Strawberry Bread</u></p> <p>Vegetable Fried Rice w/ ^*Baked Egg Rolls, Stir Fry Vegetables, and Fruit Selection</p> <p>Apple Slices w/ <u>Yogurt Dip</u></p>	<p><u>^Cheese Grits</u></p> <p>Apricot Glazed Chicken, Green Peas, ^Warm Pita Bread, and Fruit Selection (V=Apricot Glazed Tofu)</p> <p>Fresh Guacamole w/ ^Pita Chips</p>	<p>*Scrambled Eggs w/ <u>Cheese</u></p> <p>^*<u>Veggie Lasagna</u> w/ Garlic Green Beans and Fruit Selection</p> <p>^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u></p>	<p><u>Blueberry-Pineapple Smoothie</u></p> <p>^<u>Cheese Quesadilla</u> w/ Black Beans, Fiesta Rice, Roasted Corn, and Fresh Fruit Selection</p> <p>^Housemade Trail Mix</p>	<p>^Sunflower Butter Toast w/ Fresh Bananas</p> <p>Rotisserie Style Chicken w/ Cauliflower Mash, Peas and Carrots, *^<u>Warm Rolls</u>, and Fruit Selection (V=*^Veggie Patty)</p> <p>Black Bean Hummus w/ Pita Chips</p>
10	11	12	13	14
<p><u>Peaches and Cream Oatmeal</u></p> <p>^<u>Macaroni and Three Cheese Pasta</u> w/ Maple Glazed Brussel Sprouts, ^Housemade Cornbread, Mixed Berry Applesauce</p> <p>Fresh Fruit Selection</p>	<p>^*<u>Breakfast Quesadillas</u></p> <p>Barbecue Chicken w/ Broccoli, ^*<u>Warm Rolls</u>, and Fruit Selection (V=Meatless Barbecue Chicken)</p> <p>Baked Spiced Peaches w/ <u>Yogurt</u></p>	<p>^<u>Warm Biscuits</u> w/ Jam</p> <p>^Ground Turkey Taco w/ Saffron Rice, Sweet Corn w/ Peppers, Fruit Selection (V=^Tofu Crumble Taco)</p> <p>^Pita Chips w/ <u>Housemade Spinach Dip</u></p>	<p>^Multigrain Cheerios w/ Fresh Fruit</p> <p>Texas Style Baked Beans w/ Brown Rice, Sweet Carrots, ^*<u>Warm Rolls</u>, and Fruit Selection</p> <p>^*<u>Homemade Berry Bread</u></p>	<p>*<u>Spinach + Cheese Frittata</u></p> <p>*^Turkey Meatloaf w/ Yellow Squash, Vegetable Medley, ^*<u>Warm Rolls</u>, and Fresh Fruit Selection (V=^*Veggie Patty)</p> <p><u>Cheese</u> w/ ^Crackers</p>
17	18	19	20	21
<p><u>Pineapple-Banana Smoothie</u></p> <p>^<u>Fish Sticks</u> w/ *Housemade Tartar Sauce, Yellow Rice, Broccoli, and Fresh Fruit Selection (V=*^<u>Veggie Nuggets</u>)</p> <p>Baked Spiced Apples w/ <u>Yogurt</u></p>	<p>Housemade Hash w/ Peppers and Onions</p> <p>^<u>Spinach-Artichoke Pasta</u> w/ Maple Glazed Carrots, ^Warm Pita Bread, and Fruit Selection</p> <p>Sunflower Butter w/ ^Crackers</p>	<p>^<u>Cream Cheese on Toast</u> w/ Fresh Fruit</p> <p>Hawaiian Chicken w/ Brown Rice, Broccoli, ^*<u>Warm Rolls</u>, and Fruit Selection (V=Meatless Hawaiian Chicken)</p> <p>^Warm Soft Pretzels w/ <u>Cheddar Sauce</u></p>	<p>Breakfast Trail Mix w/ <u>Yogurt</u></p> <p>^<u>Grilled Cheese Sandwiches</u> w/ Green Peas, Crisp Sweet Potato Fries, and Fresh Fruit Selection</p> <p>^Pita Chips w/ Hummus</p>	<p>Cinnamon-Raisin Oatmeal</p> <p>^<u>Veggie Pot Pie</u> w/ Green Beans, Cauliflower, and Baked Apples</p> <p>Fresh Fruit w/ <u>Cheese</u></p>
24	25	26	27	28
<p>^<u>Cinnamon Toast</u></p> <p>^*<u>Four Cheese Ravioli</u> w/ Marinara Sauce, Broccoli, ^Warm Garlic Bread, and Fruit Selection</p> <p>^Monkey Munch Trail Mix w/ <u>Yogurt</u></p>	<p>Cereal Sundaes (<u>yogurt</u>, fruit, and ^Cheerios)</p> <p>Chicken and Apple Curry w/ Steamed Rice, Green Beans, ^*<u>Warm Rolls</u>, and Fruit Selection (V=Veg. Curry)</p> <p>Fresh Bananas w/ ^Graham Crackers</p>	<p>^*<u>Veggie Quiche</u></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>Celebration Homemade Berry Cobbler</u></p>	<p><u>Green Smoothie</u></p> <p><u>Broccoli and Cheese Casserole</u> w/ Maple Glazed Carrots, Roasted Corn, Fresh Fruit Selection</p> <p>^Hummus on Toast w/ Fresh Cucumbers</p>	<p>^Avocado Toast</p> <p>^<u>Veggie Alfredo Pasta</u> w/ Garlic Green Beans, ^Warm Garlic Bread, and Fruit Selection</p> <p>Fresh Fruit Selection</p>
2	3	4	5	6
<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 Slices</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>