

NS Suzuki School Menu

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>24</p> <p>We offer the following products organic on the menu: Carrots Broccoli Mixed Berries Cherries Strawberries Fresh Spinach Canned Tomato Products</p>	<p>25</p> <p>Fresh Fruit Selections: Apple Slices Orange Smiles Bananas Melons</p>	<p>26</p> <p>Frozen Fruit Selections: Peaches Mangos Pineapples Strawberries Tropical Mix Mixed Fruit Mixed Berries Cherries</p>	<p>27</p> <p>5:00pm Snack Options: Goldfish Graham Crackers Ritz or Club Crackers Vanilla Wafers Animal Cookies Chex Mix</p>	<p>28</p> <p>Menu Coding: V = Vegetarian Entrée Option *Asterisk = May contain eggs <u>Underline</u> = May contain dairy ^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>
<p>2</p> <p><u>Yogurt</u> w/ Fresh Fruit</p> <p>^Pasta Primavera w/ ^Warm Garlic Bread and Fresh Fruit Selection</p> <p>Sunflower Butter w/ ^Crackers</p>	<p>3</p> <p>^Warm <u>Biscuits</u> w/ Jam</p> <p>Curry Chicken w/ Carribean Rice and Beans, Carrots, and Fruit Selection (V=Meatless Curry)</p> <p>^Pita Chips w/ Hummus</p>	<p>4</p> <p><u>Strawberry and Cream Oatmeal</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>^Housemade Trail Mix</p>	<p>5</p> <p>*Scrambled Eggs w/ <u>Cheese</u> and Salsa</p> <p>Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, ^Housemade Cornbread and Fruit Selection</p> <p>Baked Spiced Apples w/ <u>Yogurt</u></p>	<p>6</p> <p>Grits w/ Butter</p> <p>Chicken Fajitas w/ Peppers, Fiesta Rice, Sweet Corn, Fruit Selection, and ^Warm Tortillas (V= *Veggie Patty)</p> <p>^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u></p>
<p>9</p> <p>^Cheese Toast</p> <p>^Spinach and Kale Pesto Pasta w/ Sweet Carrots, ^*<u>Warm Rolls</u>, Fruit Selection</p> <p>Fresh Fruit Selection</p>	<p>10</p> <p>Cereal Sundaes (<u>yogurt</u>, fruit, and Cheerios)</p> <p>Apricot Glazed Chicken w/ Roasted Potatoes, Green Peas, and Fresh Fruit Selection (V=Apricot Glazed Tofu)</p> <p><u>Cheese</u> w/ ^Crackers</p>	<p>11</p> <p>^*<u>Breakfast Quesadillas</u></p> <p>Turkey and Wild Rice Casserole, Vegetable Medley, ^*<u>Warm Rolls</u>, and Fruit Selection (V=Tofu and Wild Rice Cassrole)</p> <p>Fresh Guacamole w/ ^Pita Chips</p>	<p>12</p> <p>^*<u>French Toast Casserole</u></p> <p>^<u>Sweet Potato and Black Bean Enchilada Pie</u> w/ Fiesta Rice, Corn Salsa, and Fruit Selection</p> <p>Monkey Munch Trail Mix w/ <u>Yogurt</u></p>	<p>13</p> <p><u>Pineapple-Coconut Smoothie</u></p> <p>Peachy Barbecue Chicken w/ Garlic Green Beans, ^*<u>Warm Rolls</u>, and Fruit Selection (V=Meatless Peachy Barbecue)</p> <p>^Pita Chips w/ <u>Housemade Spinach Dip</u></p>
<p>16</p> <p>^Sunflower Butter Toast w/ Fresh Bananas</p> <p>^<u>Macaroni and Three Cheese Pasta</u> w/ Vegetable Medley, ^Housemade Cornbread, Mixed Berry Applesauce</p> <p>Fresh Fruit w/ <u>Cheese</u></p>	<p>17</p> <p>^*<u>Homemade Blueberry Bread</u></p> <p>^<u>Veggie Taco Spaghetti Pie</u> w/ Sweet Corn and Fruit Selection</p> <p>Apple Slices w/ <u>Yogurt Dip</u></p>	<p>18</p> <p>^*<u>Three Cheese Frittata</u></p> <p>Lemon-Herb Baked Chicken w/ Brown Rice, Broccoli, ^*<u>Warm Rolls</u>, and Fresh Fruit Selection (V=*Veggie Patty)</p> <p>Roasted Corn Salsa w/ ^Pita Chips</p>	<p>19</p> <p>^Breakfast Trail Mix w/ <u>Yogurt</u></p> <p>^*<u>Four Cheese Ravioli</u> w/ Marinara Sauce, Garlic Green Beans, ^Warm Garlic Bread, and Fruit Selection</p> <p>^Pita Chips w/ Hummus</p>	<p>20</p> <p><u>Cheese Grits</u></p> <p>^Fish Sticks w/ *Housemade Tartar Sauce, Yellow Rice, Green Peas, and Fresh Fruit Selection (V=Veggie Nuggets)</p> <p>^Warm Soft Pretzels w/ <u>Cheddar Sauce</u></p>
<p>23</p> <p>^<u>Cinnamon Toast</u></p> <p><u>Broccoli and Cheese Casserole</u> w/ Roasted Corn, Fresh Fruit Selection</p> <p>Fresh Guacamole w/ ^Pita Chips</p>	<p>24</p> <p><u>Blueberries and Cream Oatmeal</u></p> <p>Chicken Tikka w/ Peas and Carrots, ^Warm Pita, and Fruit Selection (V=Meatless Chicken Tikka)</p> <p>^Housemade Trail Mix</p>	<p>25</p> <p>Housemade Hash w/ Peppers and Onions</p> <p>Turkey Meatloaf w/ Yellow Squash, ^*<u>Warm Rolls</u>, and Fresh Fruit Selection (V=*Veggie Patty)</p> <p>^*<u>Celebration Key Lime Cake</u></p>	<p>26</p> <p><u>Strawberry Mango Smoothie</u></p> <p>^<u>Grilled Cheese Sandwiches</u> w/ Green Peas, Crisp Sweet Potato Fries, and Fresh Fruit Selection</p> <p>Sunflower Butter w/ ^Crackers</p>	<p>27</p> <p><u>Banana Maple Parfait</u></p> <p>Teriyaki Chicken w/ Brown Rice, Stir Fry Vegetables, and Mixed Berry Applesauce (V=Meatless Teriyaki Chicken)</p> <p><u>Cheese</u> w/ ^Crackers</p>
<p>30</p> <p>*Scrambled Eggs w/ <u>Cheese</u></p> <p>Roasted Vegetable Pasta w/ Marinara, Sweet Carrots, ^Warm Garlic Bread, and Fruit Selection</p> <p>^*<u>Homemade Berry Bread</u></p>	<p>31</p> <p>^Avocado Toast</p> <p>^Ground Turkey Taco w/ Saffron Rice, Sweet Corn w/ Peppers, Fruit Selection (V=^Tofu Crumble Taco)</p> <p>^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u></p>			