




# MARCH



## THE SUZUKI SCHOOL MENU

 Disclaimer: Some prepackaged foods and/or ingredients may have been processed in a facility that also processes nut products, and menu items are subject to change.

MARCH 1-5

### MONDAY

Avocado on <sup>^</sup>WW Toast  
  
<sup>^</sup>Macaroni and Three Cheese Pasta w/ Buttery, Brussel Sprouts and Fresh Fruit Selection  
  
Plain Greek Yogurt w/ Cherries + Maple Syrup

### TUESDAY

<sup>\*</sup>Baked Blueberry Oatmeal  
  
Chicken and Wild Rice Casserole w/ Yellow Squash, <sup>^</sup>Warm Rolls, and Fruit Selection  
(V=Veg Wild Rice Casserole)  
  
<sup>^</sup>Pita Chips w/ Hummus

### WEDNESDAY

<sup>\*</sup>Three Cheese Frittata  
  
<sup>^</sup>Sweet Potato and Black Bean Enchilada Pie w/ Fiesta Rice, Corn Salsa, and Fruit Selection  
  
Fresh Fruit w/ Cheese

### THURSDAY

Grits w/ Butter  
  
Lemon-Herb Chicken w/ Brown Rice, Broccoli, and Fruit Selection  
(V=<sup>^</sup>Veggie Patty)  
  
Sliced Apples w/ Sunbutter

### FRIDAY

<sup>^</sup>Banana-Apple Bread  
  
Ground Turkey Sloppy Joes on <sup>^</sup>Warm Rolls, Green Beans, and Fresh Fruit Selection  
(V=Meatless Sloppy Joes)  
  
Guacamole w/ <sup>^</sup>Pita Chips

MARCH 8-12

Plain Greek Yogurt w/ Mangos + <sup>^</sup>Granola  
  
Broccoli & Cheese Casserole w/ Roasted Carrots and Fruit Selection  
  
Housemade Spinach Dip w/ <sup>^</sup>Warm Pita

<sup>\*</sup>Scrambled Eggs w/ Salsa  
  
Turkey Stroganoff w/ <sup>^</sup>Egg Noodles, Roasted Corn, and Fruit Selection  
(V=Veg Stroganoff)  
  
Spiced Apples w/ Plain Greek Yogurt

Blueberry-Pineapple Smoothies  
  
Spanish Style Black Beans w/ Brown Rice, Plantains, Vegetable Medley and Fruit Selection  
  
<sup>^</sup>Vegetable Pikelets

<sup>^</sup>Whole Grain Pancakes w/ Mixed Berries  
  
Curry Chicken w/ Roasted Potatoes, Green Peas, and Fresh Fruit Selection  
(V=Meatless Curry)  
  
Cheese w/ <sup>^</sup>Crackers

<sup>^</sup>Cheese on WW Toast  
  
<sup>^</sup>Fish Sticks w/ <sup>\*</sup>Housemade Tartar Sauce, Yellow Rice, Green Beans and Fruit Selection  
(V=Veggie Nuggets)  
  
Fresh Fruit Selection

MARCH 15-19

Breakfast Hash w/ Onions and Peppers  
  
<sup>^</sup>Spinach and Kale Pesto Pasta w/ Roasted Carrots and Fresh Fruit Selection  
  
<sup>^</sup>Broccoli and Cheese Bites

Cheese Grits  
  
<sup>^</sup>Turkey Meatloaf w/ Cauliflower Mash, Green Beans, <sup>^</sup>Warm Rolls, and Fruit Selection  
(V=<sup>^</sup>Veggie Patty)  
  
Plain Greek Yogurt w/ Strawberries + Maple Syrup

<sup>\*</sup>Breakfast Quesadillas  
  
Chicken Tikka w/ Peas and Carrots, <sup>^</sup>Warm Pita, and Fruit Selection  
(V=Veg. Tikka)  
  
Fresh Fruit w/ Cheese

Green Smoothies  
  
Vegetable Fried Rice w/ <sup>^</sup>Baked Egg Rolls, Stir Fried Vegetables, and Fruit Selection  
  
Ants on a Log (Bananas, Sunbutter, and Raisins)

Apple Cinnamon Oatmeal  
  
<sup>^</sup>Ground Turkey Tacos w/ Cheddar Sprinkles, Saffron Rice, Roasted Corn, and Fruit Selection  
(V=<sup>^</sup>Tofu Tacos)  
  
Guacamole w/ <sup>^</sup>Pita Chips

MARCH 22-26

<sup>^</sup>Veggie Quiche  
  
Four Cheese Ravioli w/ Marinara Sauce, Green Beans, <sup>^</sup>Garlic Knots, and Fruit Selection  
  
Housemaid Trail Mix

<sup>^</sup>Warm Biscuits w/ Jam  
  
Orange Chicken w/ Brown Rice, Stir Fried Vegetables, and Fruit Selection  
(V=Meatless Orange Chicken)  
  
Spiced Peaches w/ Plain Greek Yogurt

Plain Greek Yogurt w/ Fresh Fruit + Maple Syrup  
  
Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, <sup>^</sup>Housemade Cornbread, and Fruit Selection  
  
<sup>^</sup>Celebration Berry Cobbler

Grits w/ Butter  
  
<sup>^</sup>Turkey Pot Pie w/ Cauliflower and Baked Apples  
(V=<sup>^</sup>Veg. Pot Pie)  
  
<sup>^</sup>Pita Chips w/ Hummus

Strawberry-Mango Smoothie  
  
<sup>^</sup>Grilled Cheese on WW w/ Green Peas, Sweet Potato Fries, and Fruit Selection  
  
Housemade Spinach Dip w/ <sup>^</sup>Warm Pita

**ORGANIC OFFERINGS:**  
Carrots  
Broccoli  
Cherries  
Strawberries  
Spinach

**FRESH FRUIT OFFERINGS:**  
Apple Slices  
Orange Smiles  
Bananas  
Melons  
(Seasonal)

**MENU CODING:**  
V=Vegetarian Option  
\*= May Contain Eggs  
Underline=May Contain Dairy  
<sup>^</sup>= May Contain Wheat

**Our Talented Chefs:**  
**PCM:** Terri Benjamin  
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**Northside:** Davina Oliver  
(doliver@suzukischool.com)  
**Buckhead:** Stacey Gordon  
(sgordon@suzukischool.com)

