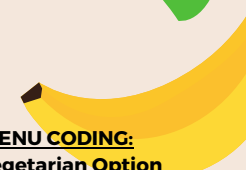




SEPTEMBER

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.

MENU CODING:
V=Vegetarian Option
*= May Contain Eggs
Underline=May Contain Dairy
^= May Contain Wheat

SEPTEMBER 1-3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SEPTEMBER 6-10

SCHOOL CLOSED FOR LABOR DAY

*Avocado on ^WW Toast
^Macaroni and Three Cheese Pasta w/ Buttery Brussel Sprouts and Fresh Fruit Selection
Housemade Trail Mix

Grits w/ Buttery
^Spaghetti w/ Turkey Marinarana, Roasted Carrots and Fruit Selection (V=Meatless Spaghetti)
Sliced Apples w/ Yogurt

*Spinach & Cheese Frittata
Vegetable Fried Rice w/ ^Baked Egg Rolls, Stir Fry Vegetables, and Fruit Selection
Cheese w/ Fresh Fruit Selection

Fresh Fruit w/ Yogurt
^Chicken Nuggets w/ Yellow Rice, Green Beans and Fruit Selection (V=Veggie Nuggets)
Guacamole w/ ^Pita Chips

SEPTEMBER 13-17

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

*^Whole Grain Pancakes w/ Fruit Selection
Chic Pea Curry w/ Steamed Rice, ^Housemade Cornbread and Fruit Selection
Cheese w/ ^Crackers

Apple-Cinnamon Oatmeal
Texas Style Baked Beans w/ Brown Rice, Vegetable Medley, ^Warm Rolls, and Fruit Selection
^Pita Chips w/ Hummus

*^Strawberry Bread
Ground Turkey Sloppy Joes on ^Warm Rolls, Green Beans, and Fruit Selection (V=Meatless Sloppy Joes)
Fresh Fruit w/ Cheese

*Three Cheese Frittata
Homestyle Chicken w/ Roasted Potatoes, Green Peas, and Fruit Selection (V=^Veggie Patty)
Fresh Fruit Selection

SEPTEMBER 20-24

*^Warm Biscuits w/ Jam
^Four Cheese Ravioli w/ Marinara Sauce, Green Beans, ^Garlic Knots, and Fruit Selection
Housemade Trail Mix

*^Veggie Quiche
^Turkey Pot Pie w/ Cauliflower and Baked Apples (V=^Veg. Pot Pie)
Spiced Peaches w/ Yogurt

Yogurt w/ Fruit Selection
Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, ^Housemade Cornbread, and Fruit Selection
^Celebration Apple Cake

*Scrambled Eggs w/ Cheese
^Ground Turkey Tacos w/ Cheddar Sprinkles, Saffron Rice, Roasted Corn and Fruit Selection
Guacamole w/ ^Pita Chips

^Cheese on WW Toast
Lemon-Herb Chicken w/ Brown Rice, Broccoli, and Fruit Selection (V=^Veggie Patty)
Sliced Apples w/ Sunbutter

SEPTEMBER 27-30

Grits w/ Buttery
Broccoli & Cheese Casserole w/ Roasted Carrots and Fruit Selection
Housemade Spinach Dip w/ ^Pita Chips

Blueberry-Pineapple Smoothies
^Chili Lime Fish Stick Tacos w/ Mango Salsa, Fiesta Rice, Sweet Corn, and Fruit Selection (V=^Meatless Taco)
Sunbutter w/ ^Crackers

^Cereal w/ Milk
^Grilled Cheese on WW w/ Green Peas, Sweet Potato Fries, and Fruit Selection
Sunbutter w/ ^Crackers

Peaches and Cream Oatmeal
Curry Chicken w/ Brown Rice, Broccoli, and Fresh Fruit Selection (V=Meatless Curry)
Ants on a Log (Bananas, Sunbutter and Raisins)

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

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