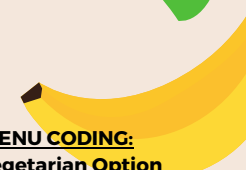




# SEPTEMBER

## 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

Cheese Grits

^Turkey Meatloaf w/  
Cauliflower Mash, Green  
Beans, ^Warm Rolls, and  
Fruit Selection  
(V=^Veggie Patty)

Yogurt w/ Strawberries

\*Baked Blueberry Oatmeal

Chicken and Wild Rice  
Casserole w/ Yellow  
Squash, ^Warm Rolls, and  
Fruit Selection  
(V=Veg Wild Rice Casserole)

^Pita Chips w/ Hummus

\*Scrambled Eggs w/ Salsa

Spanish Style Black Beans  
w/ Brown Rice, Plantains,  
Vegetable Medley, and Fruit  
Selection

Cheese w/ ^Crackers

SEPTEMBER 6-10

SCHOOL  
CLOSED FOR  
LABOR DAY

SCHOOL  
CLOSED FOR  
ROSH HASHANA

SCHOOL  
CLOSED FOR  
ROSH HASHANA

\*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

SCHOOL  
CLOSED FOR  
YOM KIPPUR

\*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 W/W Toast

Lemon-Herb Chicken  
w/ Brown Rice, Broccoli,  
and Fruit Selection  
(V=^Veggie Patty)

Sliced Apples w/ Sunbutter

SEPTEMBER 27-30

Grits w/ Butter

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 W/W 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)