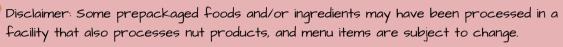
BECEMBER

THE SUZUKI SCHOOL MENU



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

	~= May Contain Wheat					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
DECEMBER 1-3			Breakfast Hash w/ Peppers and Onions ^'Turkey Pot Pie w/ Garlic Cauliflower and Fruit Selection (V=^'Veggie Pot Pie ^Housemade Trail Mix	Grits w/ Butter Texas Style Baked Beans w/ Brown Rice, Carrots, ^Housemade Cornbread, and Fresh Fruit Selection Baked Cinnamon Peaches	Cereal Sundaes (^Cheerios, <u>Yogurt</u> , Fresh Fruit) Chicken and Wild Rice Casserole, Roasted Butternut Squash and Fruit Selection (V= <u>Yeggie Casserole</u>) ^Graham Crackers w/ <u>Cream</u> Cheese Dip	
DECEMBER 6-10	Peaches and Cream Oatmeal ^Roasted Vegetable Pasta w/ Basil Sauce, Carrots, '^Garlic Knots, and Fruit Selection Ants on a Log (Bananas, Sunbutter, Raisins)	*^Housemade Carrot-Raisin Bread *^Chicken Nuggets w/ Yellow Rice, Buttered Peas, and Fresh Fruit Selection (V=Veggie Nuggets) Yogurt_w/ Sliced Apples	*Spinach and Cheese Frittata Teriyaki Chicken w/Brown Rice, *ABaked Egg Rolls, Stir Fried Vegetables and Fruit Selection (V=Teriyaki Tofu) Berry Applesauce	Sunbutter ^Toast w/ Bananas Turkey Stroganoff w/ ^*Buttered Egg Noodles, Green Beans and Fruit Selection (V=Veggie Stroganoff) *^Broccoli and Cheese Bites	Orange Pineapple Banana Smoothies ^Grilled Cheese on WW w/ Sweet Potato Fries, Broccoli, and Fruit Selection Housemade Spinach Dip w/ ^Pita Chips	
DECEMBER 13-17	^Whole Grain Pancakes w/ Cinnamon Apples Curried Vegetables w/ Brown Rice, Green Beans, and Fruit Selection Sunbutter w/ ^Crackers	*Scrambled Eggs w/ Cheese ^Turkey Pepperoni Pizza Quesadillas w/ Fiesta Corn and Fruit Selection (V=^Cheese Quesadillas) Guacamole w/ ^Pita Chips	^Cheese Toast on WW Louisiana Style Red Beans w/ Brown Rice, Zucchini and Fresh Fruit Selection *^Cinnamon Apple Celebration Cake	Green Smoothies (Spinach, Pineapple and Mango) Herb Roasted Chicken w/ Sweet Potatoes, Brussels Sprouts, and Fruit Selection (V=^Veggie Patty) Fresh Fruit w/ Cheese	Cheese Grits Turkey Shepherd's Pie w/ Broccoli and Carrots, and Fresh Fruit (V= Veg Shepherd's Pie) Berry Trail Mix	
DECEMBER 20-24	^Biscuits and Jam ^Macaroni and Three Cheese Pasta w/ Broccoli and Fruit Selection Baked Spiced Apples	Pumpkin Spiced Oatmeal ^Chili-Lime Fish Tacos w/ Mango Salsa, Yellow Rice, Fiesta Corn, and Fruit Selection (V=Veggie Nuggets) Cheese and ^Crackers	School	Closed for Winter E	3reak	
EMBER 27-31		Schoo	l Closed for Winter	Break		

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

<u>FRESH FRUIT OFFERINGS:</u>
Apple Slices, Orange Smiles, Bananas, Melons
(Seasonal)