



DECEMBER

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

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

ORGANIC OFFERINGS:

Carrots, Broccoli, Cherries, Strawberries, Spinach

FRESH FRUIT OFFERINGS:

Apple Slices, Orange Smiles, Bananas, Melons (Seasonal)