



JANUARY

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

JANUARY 3-7

MONDAY

Apple-Cinnamon Oatmeal

Chickpea Curry w/ Brown Rice, Plantains, Roasted Brussel Sprouts, and Fruit Selection

Fresh Fruit and Cheese

TUESDAY

*Scrambled Eggs w/ Cheese

Louisiana Style Red Beans w/ Yellow Rice, Vegetable Medley and Fresh Fruit Selection

Mixed Berry Yogurt

WEDNESDAY

Strawberry-Mango Smoothies

^Fish Sticks w/ *Housemade Tartar Sauce, Roasted Red Potatoes, Broccoli, and Fruit Selection (V=^Veggie Patty)

^Housemade Trail Mix

THURSDAY

Avocado on ^WW Toast

^Ground Turkey Tacos w/ Cheddar Sprinkles, Spanish Brown Rice, Fiesta Corn and Fruit Selection (V=Meatless Tacos)

Berry Applesauce

FRIDAY

Cereal Sundaes (^Cheerios, Yogurt, Fresh Fruit)

^Chicken Parmesan Casserole, Garlic Green Beans and Fruit Selection (V= ^Veggie Parm Casserole)

^Graham Crackers w/ Cream Cheese Dip

JANUARY 10-14

Fresh Fruit w/ Yogurt

Grilled Cheese on WW, w/ Sweet Potato Fries, Green Peas, and Fruit Selection

^Berry Trail Mix

^Housemade Lemon Blueberry Bread

^Chicken Fajitas, Cilantro-Lime Brown Rice, Southwest Zucchini-Squash, and Fruit Selection (V= Veg Fajitas)

Roasted Corn Salsa w/ Pita Chips

Cheese Grits

^*Turkey Lasagna w/ Garlic Green Beans and Fruit Selection (V=^*Three Cheese Lasagna)

Fresh Fruit Selection

^*Spinach and Cheese Quiche

Lemon-Herb Chicken, Wild Rice Pilaf, Vegetable Medley and Fruit Selection (V=Veggie Nuggets)

Sliced Apples w/ Yogurt

Sunbutter ^Toast w/ Bananas

Vegetable Fried Rice w/ ^Baked Egg Rolls, Stir Fried Vegetables, and Fresh Fruit Selection

^Broccoli and Cheese Bites

JANUARY 17-21

School Closed for MLK, Jr. Day

^Whole Grain Pancakes w/ Fruit Selection

Broccoli and Cheese Casserole w/ Carrots and Fruit Selection

Housemade Spinach Dip w/ ^Pita Chips

^Cinnamon Toast on WW

Turkey Sloppy Joes on ^Warm Buns, Ranch Roasted Potatoes, and Fruit Selection (V=Meatless Sloppy Joes)

^*Strawberry Celebration Cake

Grits w/ Butter

Rotisserie Style Chicken, Yellow Rice, Roasted Brussel Sprouts, and Fruit Selection (V=Veggie Patty)

Fresh Fruit w/ Cheese

Fresh Fruit

^Macaroni and Three Cheese Pasta w/ Broccoli and Fruit Selection

Baked Spiced Apples

JANUARY 24-28

Peaches and Cream Oatmeal

^Spinach and Kale Pesto Pasta w/ Mixed Vegetables and Fruit Selection

Hummus w/ ^Pita Chips

*Three Cheese Frittata

Cheese Pita Pizza w/ Peas and Carrots and Fruit Selection

Cheese w/ ^Crackers

Breakfast Hash w/ Peppers and Onions

^*Chicken Pot Pie w/ Zucchini and Fruit Selection (V=^*Veg Pot Pie)

Spiced Baked Peaches

^Cheese Toast on WW

Turkey Meatloaf w/ Gravy, Mashed Potatoes, Green Beans and Fruit Selection (V=^Veggie Patty)

Fresh Fruit Selection

^Cheerios w/ Milk

^Chicken Nuggets w/ ^Tator Tots, Broccoli and Fruit Selection (V=Veggie Nuggets)

Sun Butter w/ ^Crackers

JANUARY 31

Pineapple-Blueberry Smoothies

^Four Cheese Ravioli w/ Marinara Sauce, Cauliflower, ^Garlic Knots and Fruit Selection

Ants on a Log

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

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