



# FEBRUARY

## THE SUZUKI SCHOOL MENU



Disclaimer: Some prepackaged foods and/or ingredients may have been processed in a facility that also processes nut products or other allergens, 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
FEBRUARY 1-4		<u>Yogurt</u> w/ Strawberries  Curry Vegetables w/ Brown Rice, Garlic Green Beans, and Fruit Selection  <u>Cheese</u> w/ ^Crackers	^Cereal w/ <u>Milk</u>  <u>Chicken and Wild Rice Casserole</u> w/ Peas, Carrots, and Fruit Selection (V= <u>Veg and Wild Rice Cass</u> )  ^Housemade Trail Mix	<u>Grits</u> w/ <u>Butter</u>  ^Chicken Nuggets w/ Yellow Rice, Cauliflower, and Fresh Fruit Selection (V=^Veggie Nuggets)  Baked Spiced Apples	Fresh Fruit Selection  Texas Style Baked Beans w/ Brown Rice, Zucchini, ^ <u>Housemade Cornbread</u> and Fruit Selection  Ants on a Log (Bananas, Sun Butter, and Raisins)
FEBRUARY 7-11	<u>Apple Cinnamon Oatmeal</u>  ^ <u>Cheese Tortellini</u> w/ <u>Tomato-Basil Cream Sauce</u> , Roasted Brussel Sprouts, ^ <u>Garlic Knots</u> and Fruit Selection  Fresh Fruit w/ <u>Yogurt</u>	^ <u>Carrot Raisin Bread</u>  Spanish Style Black Beans w/ Brown Rice, Peas, Plantains, and Fruit Selection  Roasted Corn Salsa w/ ^Pita Chips	^ <u>Three Cheese Frittata</u>  Teriyaki Chicken w/ Brown Rice, ^ <u>Baked Egg Rolls</u> , Stir Fried Vegetables, and Fruit Selection (V=Teriyaki Tofu)  Sun Butter w/ Apples	Cereal Sundaes (^Cheerios, <u>Yogurt</u> , w/ Fruit)  Turkey Chili w/ Vegetable Medley, ^ <u>Housemade Cornbread</u> , and Fruit Selection (V=Veggie Chili)  ^ <u>Cauliflower &amp; Cheese Bites</u>	^ <u>Cheese Toast on WW</u>  ^ <u>Cheesy Pasta &amp; Broccoli Bake</u> w/ Italian Green Beans and Fruit Selection  ^Berry Trail Mix
FEBRUARY 14-18	^ <u>Whole Grain Pancakes</u> w/ Fruit Selection  ^ <u>Spinach and Kale Pesto Pasta</u> w/ Vegetable Medley and Fruit Selection  Hummus w/ ^Pita	^Avocado Toast on WW  ^Ground Turkey Taco w/ <u>Cheddar Sprinkles</u> , Spanish Brown Rice, Fiesta Corn, and Fruit Selection (V=^Meatless Tacos)  <u>Cheese</u> w/ ^Crackers	^ <u>Scrambled Eggs</u> w/ <u>Cheese</u>  Louisiana Style Red Beans w/ Brown Rice, Squash, and Fresh Fruit Selection  ^ <u>Celebration Lemon-Strawberry Cake</u>	<u>Green Smoothies</u> (Spinach, Pineapple, and Mango)  Herb Chicken w/ Roasted Sweet Potatoes, Brussel Sprouts and Fruit Selection (V=^Veggie Patty)  ^Housemade Trail Mix	<u>Grits</u> w/ <u>Cheese</u>  ^ <u>Turkey Cheeseburger Casserole</u> w/ Vegetable Medley and Fruit Selection (V=^ <u>Veggie Burger Casserole</u> )  Baked Cinnamon Peaches
FEBRUARY 21-25	^ <u>Biscuits</u> w/ Jam  ^ <u>Alfredo Pasta</u> w/ Broccoli, Carrots, ^ <u>Garlic Knots</u> and Fruit Selection  <u>Strawberry Yogurt Dip</u> w/ ^Graham Crackers	^Scrambled Eggs w/ Salsa  ^Chili Lime Fish Stick Tacos w/ Mango Salsa, Yellow Rice, Fiesta Corn and Fruit Selection  Guacamole w/ ^Pita Chips	<u>Strawberry Mango Smoothies</u>  Vegetable Fried Rice w/ ^ <u>Baked Egg Rolls</u> , Stir Fried Vegetables and Fresh Fruit Selection  Fresh Fruit w/ <u>Cheese</u>	^ <u>Cheese Toast on WW</u>  Homestyle Chicken w/ Roasted Potatoes, Vegetable Medley, and Fruit Selection  <u>Housemade Spinach Dip</u> w/ ^Pita Chips	Breakfast Hash w/ Peppers and Onions  ^ <u>Turkey Pot Pie</u> w/ Garlic Cauliflower and Fruit Selection (V=^ <u>Veggie Pot Pie</u> )  Sunbutter w/ ^Crackers
FEBRUARY 28	<u>Blueberry Oatmeal</u>  ^ <u>Grilled Cheese</u> on WW w/ Sweet Potato Tots, Green Beans, and Fruit Selection  ^Graham Crackers w/ <u>Cream Cheese Dip</u>				
	<b>ORGANIC OFFERINGS:</b> Carrots, Broccoli, Cherries, Strawberries , Spinach			<b>FRESH FRUIT OFFERINGS:</b> Apple Slices, Orange Smiles, Bananas, Melons (Seasonal)	