

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

Blueberry-Pineapple **Smoothies**

MONDAY

^*Broccoli & Cheese Casserole w/ Roasted **Carrots and Fruit Selection**

Spiced Apples w/ Yogurt

Avocado on ^WW Toast

Breakfast Hash w/ Onions

and Peppers

*^Spinach and Kale Pesto

Pasta w/ Roasted Carrots

and Fresh Fruit Selection

^*Broccoli and Cheese Bites

*^Warm Biscuits w/ Jam

*^Four Cheese Ravioli w/

Marinara Sauce, Green

Beans, ^*Garlic Knots, and

Fruit Selection

^Housemade Trail Mix

9-13

MΑΥ

MAY

23-27

MAY 30-JUNE

Blueberry Oatmeal

TUESDAY

Yogurt w/ Fresh Fruit

Teriyaki Chicken w/ Brown

Rice, Broccoli, and Fruit

Selection

(V=^Veggie Patty)

Fresh Fruit w/ Cheese

^Macaroni and Three Chicken and Wild Rice Cheese Pasta w/ Buttery Casserole w/ Yellow **Brussel Sprouts** and Fresh Squash, ^*Warm Rolls, and **Fruit Selection Fruit Selection**

Housemade Trail Mix ^Pita Chips w/ Hummus

*^Whole Grain Pancakes w/

Fruit Selection

Curry Chicken w/ Brown Rice, Broccoli, and Fresh **Fruit Selection** (V=Meatless Curry)

Cheese w/ ^Crackers

*^Veggie Quiche

Hawaiian Chicken w/ Brown Rice, Stir Fried Vegetables, and Fruit Selection (V=Meatless Orange Chicken)

Spiced Peaches w/ Yogurt

WEDNESDAY

Grits w/ Butter

*^Taco Spaghetti Pie w/ Sweet Corn and Fruit

Housemade Spinach Dip w/ ^Pita Chips

Cheese Grits

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

Yogurt w/ Strawberries

Apple-Cinnamon Oatmeal

Texas Style Baked Beans w/ Brown Rice, Roasted Carrots, ^*Warm Rolls, and **Fruit Selection**

Sliced Apples w/ Yogurt

Yogurt w/ Fruit Selection

Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, ^*Housemade Cornbread, and Fruit Selection

^*Celebration Apple Cake

THURSDAY

Peach Oatmeal

Chicken Tikka w/ Peas, Carrots, *^Warm Pita, and **Fruit Selection**

Cheese w/ ^Crackers

Strawberry-Mango **Smoothie**

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

Sunbutter w/ ^Crackers

*Three Cheese Frittata

Ground Turkey Sloppy Joes on ^*Warm Rolls, Green Beans, and Fruit Selection (V=Meatless Sloppy Joes)

Fresh Fruit w/ Cheese

*Scrambled Eggs w/ Cheese

^Ground Turkey Tacos w/ Cheddar Sprinkles Saffron Rice. Roasted Corn and **Fruit Selection**

Guacamole w/ ^Pita Chips

FRIDAY

*Scrambled Eggs w/ Salsa

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

Ants on a Log (Bananas, Sunbutter and Raisins)

Fresh Fruit w/ Yogurt

^*Chicken Nuggets w/ Yellow Rice, Green Beans and Fruit Selection (V= Veggie Nuggets)

Guacamole w/ ^Pita Chips

*^Strawberry Bread

Homestyle Chicken w/ Roasted Potatoes, Green Peas, and Fruit Selection (V=^Veggie Patty)

Fresh Fruit Selection

^Cheese on WW Toast

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

Sliced Apples w/ Sunbutter

SCHOOL CLOSED FOR SUMMER BREAK



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