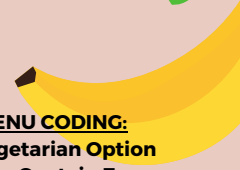
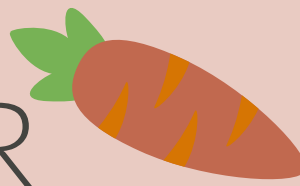




SEPTEMBER

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
SEPTEMBER 1-2				<u>*Maple Baked Oatmeal</u> * <u>Four Cheese Ravioli</u> w/ Marinara Sauce, Broccoli, * <u>Warm Garlic Bread</u> , and Fruit Selection Sunbutter w/ ^Crackers	* <u>Veggie Quiche</u> <u>Veggie Wild Rice Casserole</u> w/ Garlic Green Beans and Fruit Selection Fresh Fruit w/ <u>Cheese</u>
SEPTEMBER 5-9		^ <u>Cinnamon Toast</u> ^ <u>Chili Lime Fish Stick Tacos</u> w/ Mango Salsa, Fiesta Rice, and Fruit Selection (V= ^Meatless Taco) Roasted Corn Salsa w/ ^Pita Chips	* <u>Spinach+Cheese Frittata</u> <u>Veggie Stroganoff</u> w/ ^ <u>Egg Noodles</u> , Green Peas, and Mixed Berry Applesauce Watermelon Salad	^Warm Biscuits w/ Jam Homestyle Chicken w/ Gravy, Rosemary Potatoes, Green Beans, and Fruit Selection (V=^Veggie Patty) <u>Applesauce</u> w/ <u>Yogurt</u>	<u>Green Smoothie</u> Orange Chicken w/ Brown Rice, Stir Fry Vegetables, and Fruit Selection (V=Meatless Orange Chix) ^Graham Crackers w/ <u>Cream Cheese Dip</u>
SEPTEMBER 12-16	^Sunbutter Toast w/ Bananas * <u>Broccoli + Cheese Casserole</u> w/ Roasted Brussel Sprouts, and Fruit Selection Fresh Fruit Selection	* <u>Scrambled Eggs</u> <u>Veg Tortilla Casserole</u> w/ Green Beans and Fruit Selection Fresh Guacamole w/ ^Pita Chips	Housemade Hash w/ Peppers and Onions ^* <u>Spinach and Kale Pesto Pasta</u> w/ Sweet Carrots, ^* <u>Warm Rolls</u> , and Fruit Selection Apples w/ <u>Yogurt Dip</u>	* <u>Blueberry Crunch Bake</u> Barbecue Chicken w/ Broccoli, ^*Warm Rolls, and Fruit Selection (V=Meatless Barbecue Chicken) Bananas w/ ^Graham Crackers	<u>Yogurt</u> w/ Fresh Fruit Spanish Style Black Beans w/ Yellow Rice, Plantains, Green Beans, and Fruit Selection Fresh Fruit
SEPTEMBER 19-23	<u>Grits</u> w/ <u>Butter</u> ^ <u>Macaroni + Three Cheese Pasta</u> w/ Maple Glazed Brussel Sprouts and Mixed Berry Applesauce ^Housemade Trail Mix	<u>Pumpkin Spiced Oatmeal</u> Hawaiian Chicken w/ Brown Rice, Green Peas, ^* <u>Warm Rolls</u> , and Fruit Selection (V=Meatless Hawaiian Chicken) ^Pita Chips w/ <u>Spinach Dip</u>	^Avocado Toast ^ <u>Roasted Vegetable Pasta</u> w/ Marinara, Sweet Carrots, ^* <u>Warm Garlic Bread</u> , and Fruit Selection Mixed Fresh Melons	<u>Banana Maple Parfait</u> ^*Turkey Meatloaf w/ Roasted Potatoes, Vegetable Medley, ^* <u>Warm Rolls</u> and Fruit Selection (V=^Veggie Patty) <u>Cheese</u> w/ ^Crackers	^ <u>Cheese Toast</u> Curry Chicken w/ Caribbean Rice and Beans, Sweet Corn, and Fruit Selection (V=Meatless Curry) ^Warm Pretzels w/ <u>Cheddar Sauce</u>
SEPTEMBER 26-30	<u>Peaches + Cream Oatmeal</u> Veggie Fried Rice w/ * <u>Baked Egg Rolls</u> , Stir Fry Vegetables, and Fresh Fruit Selection ^Graham Crackers w/ <u>Applesauce</u>	<u>Yogurt</u> w/ Fresh Fruit Lemon-Herb Baked Chicken w/ Brown Rice, Broccoli, and Fruit Selection (V=*Veggie Patty) Fresh Fruit w/ <u>Cheese</u>	^Multigrain Cheerios w/ Fresh Fruit ^ <u>Grilled Cheese Sandwiches</u> w/ Green Peas, Sweet Potato Fries, and Fresh Fruit Selection ^* <u>Celebration Apple Cake</u>	^* <u>Baked Cinnamon Apple Crumble</u> Rotisserie Style Chicken w/ Cauliflower, Peas and Carrots, ^* <u>Warm Rolls</u> , and Fruit Selection (V=*Veggie Patty) Fresh Fruit	<u>Cheese Grits</u> *Chicken Nuggets w/ Vegetable Medley, ^* <u>Warm Rolls</u> , and Fruit Selection (V=*Veggie Nuggets) <u>Yogurt</u> w/ Bananas

ORGANIC OFFERINGS:

Carrots, Broccoli, Cherries, Strawberries, Spinach

FRESH FRUIT OFFERINGS:

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