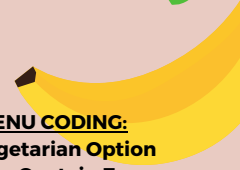
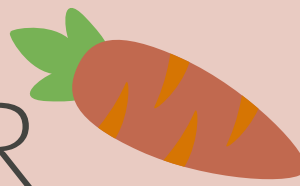




# SEPTEMBER

## 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/ <u>Crackers</u>	* <u>Veggie Quiche</u>  <u>Chicken + Wild Rice Casserole</u> w/ Garlic Green Beans and Fruit Selection (V=Veggie Casserole)  Fresh Fruit w/ <u>Cheese</u>
SEPTEMBER 5-9	<b>HAPPY LABOR DAY</b>	<u>Cinnamon Toast</u>  <u>Chili Lime Fish Stick Tacos</u> w/ Mango Salsa, Fiesta Rice, and Fruit Selection (V= <u>Meatless Taco</u> )  Roasted Corn Salsa w/ <u>Pita Chips</u>	* <u>Spinach+Cheese Frittata</u>  <u>Turkey Stroganoff</u> w/ * <u>Egg Noodles</u> , Green Peas, and Mixed Berry Applesauce (V= <u>Meatless Stroganoff</u> )  Watermelon Salad	<u>Warm Biscuits</u> w/ Jam  Homestyle Chicken w/ Gravy, Rosemary Potatoes, Green Beans, and Fruit Selection (V= <u>Veggie Patty</u> )  <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)  <u>Graham Crackers</u> w/ <u>Cream Cheese Dip</u>
SEPTEMBER 12-16	<u>Sunbutter Toast</u> w/ Bananas  * <u>Broccoli + Cheese Casserole</u> w/ Roasted Brussel Sprouts, and Fruit Selection  Fresh Fruit Selection	* <u>Scrambled Eggs</u>  <u>Turkey Tortilla Casserole</u> w/ Green Beans and Fruit Selection (V= <u>Veg Tortilla Casserole</u> )  Fresh Guacamole w/ <u>Pita Chips</u>	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, <u>Warm Rolls</u> , and Fruit Selection (V=Meatless Barbecue Chicken)  Bananas w/ <u>Graham Crackers</u>	<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  <u>Housemade Trail Mix</u>	<u>Pumpkin Spiced Oatmeal</u>  Hawaiian Chicken w/ Brown Rice, Green Peas, * <u>Warm Rolls</u> , and Fruit Selection (V=Meatless Hawaiian Chicken)  <u>Pita Chips</u> w/ <u>Spinach Dip</u>	<u>Avocado Toast</u>  * <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>  * <u>Turkey Meatloaf</u> w/ Roasted Potatoes, Vegetable Medley, * <u>Warm Rolls</u> and Fruit Selection (V= <u>Veggie Patty</u> )  <u>Cheese</u> w/ <u>Crackers</u>	<u>Cheese Toast</u>  Curry Chicken w/ Caribbean Rice and Beans, Sweet Corn, and Fruit Selection (V=Meatless Curry)  <u>Warm Pretzels</u> 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  <u>Graham Crackers</u> w/ <u>Applesauce</u>	<u>Yogurt</u> w/ Fresh Fruit  Lemon-Herb Baked Chicken w/ Brown Rice, Broccoli, and Fruit Selection (V=* <u>Veggie Patty</u> )  Fresh Fruit w/ <u>Cheese</u>	* <u>Multigrain Cheerios</u> 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/ <u>Cauliflower Mash</u> , Peas and Carrots, * <u>Warm Rolls</u> , and Fruit Selection (V=* <u>Veggie Patty</u> )  Fresh Fruit	<u>Cheese Grits</u>  * <u>Chicken Nuggets</u> w/ Vegetable Medley, * <u>Warm Rolls</u> , and Fruit Selection (V=* <u>Veggie Nuggets</u> )  <u>Yogurt</u> w/ Bananas

### ORGANIC OFFERINGS:

Carrots, Broccoli, Cherries, Strawberries, Spinach

### FRESH FRUIT OFFERINGS:

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