



DECEMBER

THE SUZUKI SCHOOL MENU



MENU CODING:

V=Vegetarian Option

*= May Contain Eggs

Underline=May Contain Dairy

^= May Contain Wheat



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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DECEMBER 1-2				<u>^Cinnamon Toast</u> Orange Chicken w/ Brown Rice, Stir Fry Veggies and Fruit (V=Meatless Orange Chicken) <u>Applesauce-Yogurt Swirl</u>	Housemade Hash w/ Peppers and Onions <u>*^Turkey Stroganoff w/ Egg Noodles, Green Beans, and Mixed Berry Applesauce (V= ^*Meatless Stroganoff)</u> Fresh Bananas w/ ^Graham Crackers
DECEMBER 5-9	<u>Cheese Grits</u> <u>^Spinach-Artichoke Pasta w/ Maple Glazed Carrots, ^Warm Pita Bread, and Fruit Selection</u> <u>Cheese w/ ^Crackers</u>	<u>^Cream Cheese Toast w/ Fresh Fruit</u> <u>^Taco Spaghetti Pie w/ Sweet Corn and Fruit Selection (V=Veggie Spaghetti Pie)</u> Fresh Guacamole w/ ^Pita Chips	<u>Green Smoothie</u> <u>^Macaroni and Three Cheese Pasta w/ Maple Glazed Brussels Sprouts, Mixed Berry Applesauce</u> ^Housemade Trail Mix	<u>^Warm Biscuits w/ Jam</u> White Bean and Chicken Chili w/ Steamed Rice, Garlic Green Beans, and Fruit Selection (V=Veg. White Bean Chili) Fresh Fruit Selection	<u>Maple Pumpkin Spice Oatmeal</u> <u>^*Chicken Nuggets w/ Peas and Carrots, ^Warm Rolls, and Fruit Selection (V= ^*Veggie Nuggets)</u> <u>Applesauce-Yogurt Swirl</u>
DECEMBER 12-16	^Avocado Toast <u>^*Four Cheese Ravioli w/ Marinara Sauce, Green Peas, ^Warm Garlic Bread, and Fruit Selection</u> ^Pita Chips w/ Hummus	<u>Grits w/ Butter</u> Chicken Fajitas w/ Peppers, Fiesta Rice, Sweet Corn, Fruit Selection, and Warm ^Tortillas (V= ^*Veggie Patty) ^Warm Soft Pretzels w/ <u>Cheddar Sauce</u>	<u>Cinnamon-Raisin Oatmeal</u> <u>^Roasted Vegetable Pasta w/ Marinara, Sweet Carrots, ^Warm Garlic Bread, and Fruit Selection</u> <u>Cheese w/ ^Crackers</u>	<u>*Spinach + Cheese Frittata</u> <u>Chicken and Wild Rice Casserole, Green Beans, and Fruit Selection (V= Veg. Casserole)</u> Baked Spiced Peaches w/ <u>Yogurt</u>	^Breakfast Trail Mix w/ <u>Yogurt</u> <u>^*Fish Sticks w/ Housemade Tartar Sauce Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^*Veggie Nuggets)</u> Sunflower Butter w/ ^Crackers
DECEMBER 19-23	Housemade Hash w/ Peppers and Onions <u>Broccoli and Cheese Soup w/ ^Crackers, Green Beans, and Fruit Selection</u> Fresh Fruit Selection	<u>Peaches and Cream Oatmeal</u> <u>^Ground Turkey Taco w/ Cheddar Sprinkles, Saffron Rice, Sweet Corn w/ Peppers, Fruit Selection (V= ^*Tofu Crumble Taco)</u> Roasted Corn Salsa w/ ^Pita Chips	<u>^Multigrain Cheerios w/ Fresh Fruit</u> <u>^Grilled Cheese Sandwiches w/ Green Peas, Crisp Sweet Potato Fries, and Fresh Fruit Selection</u> <u>^*Celebration Holiday Cake</u>	<u>Pineapple-Banana Smoothie</u> <u>^*Turkey Meatloaf w/ Gravy, Mashed Potatoes, Green Beans, and Fruit Selection (V= ^*Veggie Patty)</u> ^Reindeer Chow	<h1>Winter Break!</h1> SCHOOL CLOSED
DECEMBER 26-30	<h1>Winter Break!</h1> SCHOOL CLOSED	<h1>Winter Break!</h1> SCHOOL CLOSED	<h1>Winter Break!</h1> SCHOOL CLOSED	<h1>Winter Break!</h1> SCHOOL CLOSED	<h1>Winter Break!</h1> SCHOOL CLOSED

ORGANIC OFFERINGS:

Carrots, Broccoli, Mixed Berries, Cherries, Strawberries, Fresh Spinach, Canned Tomato Products

FRESH FRUIT OFFERINGS:

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