



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