

JANUARY

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
JANUARY 2-6	<p>Winter Break! SCHOOL CLOSED</p>	<p><u>Pumpkin Spice Oatmeal</u></p> <p>^Fish Sticks w/Yellow Rice, Broccoli, and Fresh Fruit Selection</p> <p>Sunflower Butter w/^Crackers</p>	<p><u>^Cream Cheese Toast</u> w/Fresh Fruit</p> <p>^Spinach-Artichoke Pasta W/Maple Glazed Carrots, ^Warm Pita Bread, and Fruit Selection</p> <p>Fresh Guacamole w/^Pita Chips</p>	<p><u>Yogurt</u> w/ Fresh Fruit</p> <p>^Veggie Spaghetti Pie w/Sweet Corn and Fruit Selection</p> <p>Fresh Fruit Selection</p>	<p><u>*Veggie Quiche</u></p> <p>^Roasted Vegetable Pasta w/Marinara, Sweet Carrots, ^Warm Garlic Knots, & Fruit Selection</p> <p><u>Applesauce-Yogurt Swirl</u></p>
JANUARY 9-13	<p><u>^Cheese Toast</u></p> <p>^Chicken Nuggets, w/Mango Salsa, Fiesta Rice, Sweet Corn, & Fruit Selection</p> <p>Roasted Corn Salsa w/^Pita Chips</p>	<p>Housemade Hash w/Peppers and Onions</p> <p><u>^Macaroni and Three Cheese Pasta</u> w/ Maple Glazed Brussels Sprouts, Mixed Berry Applesauce</p> <p>^Housemade Trail Mix</p>	<p><u>^Sunflower Butter Toast</u> w/Fresh Bananas</p> <p>Turkey Chili w/ Sweet Corn, ^Housemade Cornbread and Fruit Selection</p> <p>Fresh Bananas w/ ^Graham Crackers</p>	<p><u>Cheese Grits</u></p> <p>Peachy Barbecue Chicken w/Garlic Green Beans, ^Warm Rolls, & Fruit Selection (V= Meatless Peachy BBQ)</p> <p>^Monkey Munch Trail Mix w/<u>Yogurt</u></p>	<p>^Warm Biscuits w/ Jam</p> <p>^Chicken Tortilla Soup w/Green Beans, & Fruit Selection (V= meatless Tortilla Casserole)</p> <p><u>^Homemade Berry Bread</u></p>
JANUARY 16-20	<p>MLK Day! SCHOOL CLOSED</p>	<p><u>Strawberry Mango Smoothie</u></p> <p>^Vegetable Fried Rice w/^Baked Egg Rolls, Stir Fry Vegetables, & Fresh Fruit Selection</p> <p>Baked Spiced Apples w/<u>Yogurt</u></p>	<p><u>Blueberries and Cream Oatmeal</u></p> <p>^<u>Vegetable Alfredo Pasta</u> w/Broccoli, ^<u>Garlic Knots</u>, & Fruit Selection</p> <p>Hummus w/ ^Crackers</p>	<p><u>Yogurt</u> w/ Fresh Fruit</p> <p><u>Meatless Stroganoff</u> w/^Egg Noodles, Green Peas, & Mixed Berry Applesauce</p> <p>Fresh Fruit w/<u>Cheese</u></p>	<p><u>Cheese Grits</u></p> <p>Spanish Style Black Beans w/ Yellow Rice, Plantains, Green Beans, and Fruit Selection</p> <p>Fresh Bananas w/^Graham Crackers</p>
JANUARY 23-27	<p>^Warm Biscuits W/ Jam</p> <p>Homestyle Chicken W/ Rosemary Potatoes, Green Beans, & Fruit Selection</p> <p>^Pita Chips w/ <u>Housemade Spinach Dip</u></p>	<p>Housemade Hash w/Peppers and Onions</p> <p>Texas Style Baked Beans w/ Brown Rice, Sweet Corn, ^Warm Rolls, and Fruit Selection</p> <p><u>^Housemade Trail Mix</u></p>	<p><u>Banana Maple Parfait</u></p> <p>^Turkey Meatloaf w/ Mashed Potatoes, Vegetable Medley, ^Warm Rolls, & Fresh Fruit Selection (V=^Veggie Patty)</p> <p><u>Cheese</u> w/^Crackers</p>	<p>^Cinnamon Toast</p> <p><u>Vegetable Tetrazzini</u> w/ Spinach and <u>Parmesan</u>, Carrots, & Fruit Selection</p> <p>Fresh Fruit Slection</p>	<p><u>Peaches and Cream Oatmeal</u></p> <p><u>^Four Cheese Ravioli</u> w/Marinara Sauce, Broccoli, ^<u>Warm Garlic Bread</u>, & Fruit Selection</p> <p>^Graham Crackers w/Applesauce</p>
JANUARY 30-31	<p>Multigrain Cheerios w/ Fresh Fruit</p> <p>BBQ Chicken w/ Vegetable Medley, ^Warm Rolls, & Fruit Selection (V= Meatless BBQ Chicken)</p> <p>^Pita Chips w/ Hummus</p>	<p><u>Broccoli and Cheese Frittata</u></p> <p>^Roasted Vegetable Pasta w/Marinara, Sweet Carrots, ^Warm Garlic Bread, & Fruit Selection</p> <p>^<u>Celebration Key Lime Cake</u></p>			

ORGANIC OFFERINGS:

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

FRESH FRUIT OFFERINGS:

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