

# FEBRUARY

## 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
FEBRUARY 1-3			<u>^*Avocado Toast</u>  <u>Broccoli Cheese Soup</u> w/ ^Crackers, Maple Glazed Carrots, and Fruit Selection  Fresh Fruit Selection	<u>Grits w/ Butter</u>  ^Turkey Spaghetti w/ Sweet Corn and Fruit Selection (V= ^Veggie Spaghetti )  Sunflower Butter w/ ^Crackers	<u>Yogurt</u> w/ Fresh Fruit  <u>Vegetable Wild Rice Casserole</u> w/Garlic Green Beans, and Fruit Selection  Fresh Guacamole w/ ^* <u>Pita Chips</u>
FEBRUARY 6-10	^* <u>Warm Biscuits</u> w/ Jam  ^* <u>Four Cheese Ravioli</u> w/ Marinara Sauce, Sweet corn, ^* <u>Warm Garlic Bread</u> , and Fruit Selection  Hummus and ^Crackers	*Maple Apple Baked Oatmeal  ^Chili Lime Fish Stick Tacos w/ Mango Salsa, Fiesta Rice, Black Beans and Fruit (V= ^Meatless Taco)  ^* <u>Pita Chips</u> w/ <u>Housemade Spinach Dip</u>	<u>Orange-Mango Smoothie</u>  ^ <u>Spinach-Artichoke Pasta</u> w/ Maple Glazed Carrots, ^* <u>Warm Pita Bread</u> , and Fruit Selection  ^Housemade Trail Mix	^* <u>Spinach + Cheese Frittata</u>  Ground Turkey Sloppy Joes on ^* <u>Warm Rolls</u> , w/Green Beans, and Fruit Selection (V=Tofu Crumble Sloppy Joe)  ^* <u>Turkey and Cheese Wraps</u>	^*Multigrain Cheerios w/ Fresh Fruit  White Bean & Chicken Chili w/Steamed Rice, Green Peas, and Fruit Selection (V=Veg. White Bean Chili)  ^*Monkey Munch Trail Mix w/ <u>Yogurt</u>
FEBRUARY 13-17	^* <u>Blueberry Crunch Bake</u>  ^Turkey Crumble Taco, Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V= Tofu Crumble Taco)  Fresh Bananas w/ ^Graham Crackers	<u>Cheese Grits</u>  Vegetable Fried Rice w/ ^*Baked Egg Rolls, Stir Fry Vegetables, and Fresh Fruit Selection  ^* <u>Valentine Snack Mix</u>	<u>Strawberry and Cream Oatmeal</u>  <u>Cheesy Vegetable Chowder</u> w/^* <u>Warm Pita Bread</u> , Roasted Maple Brussel Sprouts and Fresh Fruit Selection  Roasted Corn Salsa w/ ^* <u>Pita Chips</u>	^* <u>Sunflower Butter Toast</u> w/ Fresh Bananas  Barbecue Chicken w/ Baked Beans and Fruit Selection (V=Meatless Barbecue Chicken)  Rice Cakes and Sun Butter	<u>Yogurt</u> w/ Fresh Fruit  ^* <u>Meatless Stroganoff</u> w/ <u>Egg Noodles</u> , Green Peas, and Mixed Berry Applesauce  Fresh Fruit w/ <u>Cheese</u>
FEBRUARY 20-24	<u>Cheese Grits</u>  Chicken Fajitas w/ Peppers, Fiesta Rice, Sweet Corn, Fruit Selection, and ^*Warm Tortillas (V= ^*Veggie Patty)  Apple Slices w/ <u>Yogurt Dip</u>	<u>Blueberries and Cream Oatmeal</u>  Spanish Style Black Beans w/ Yellow Rice, Plantains, Green Beans, and Fruit Selection  ^* <u>Pita Chips</u> w/ <u>Housemade Spinach Dip</u>	Housemade Hash w/ Peppers and Onions  ^* <u>Grilled Cheese Sandwiches</u> w/ Green Peas, Crisp Sweet Potato Fries, and Fresh Fruit Selection  ^Housemade Trail Mix	^* <u>Warm Biscuits</u> w/ Jam  Hawaiian Chicken w/Brown Rice, Green Peas & Carrots, ^* <u>Warm Rolls</u> , & Fruit Selection (V=Meatless Hawaiian Chicken)  Fresh Bananas w/^Graham Crackers	^* <u>Scrambled Eggs</u> w/ <u>Cheese</u> and Salsa  ^* <u>Turkey Meatloaf</u> w/ Roasted Potatoes, Vegetable Medley and Fruit Selection (V= ^*Veggie Patty)  Fresh Fruit Selection
FEBRUARY 27-28	<u>Peaches and Cream Oatmeal</u>  ^* <u>Veggie Spaghetti Pie</u> w/ Vegatable Medley and Fruit Selection  ^Graham Crackers w/ Applesauce	^*Multigrain Cheerios w/ Fresh Fruit  Veggie Chili w/Sweet Carrots & Housemade ^* <u>Cornbread</u> , and Fruit Selection  ^* <u>Pita Chips</u> w/ Hummus			

**ORGANIC OFFERINGS:**

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

**FRESH FRUIT OFFERINGS:**

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