

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