

# 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><b>Winter Break!</b>  <b>SCHOOL CLOSED</b></p>	<p><u>Pumpkin Spice Oatmeal</u></p> <p>^*Fish Sticks w/<u>Housemade Tartar Sauce</u>, 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/<u>Maple Glazed Carrots</u>, ^Warm Pita Bread, and Fruit Selection</p> <p>Fresh Guacamole w/^Pita Chips</p>	<p><u>Yogurt</u> w/ Fresh Fruit</p> <p><u>^Taco Spaghetti Pie</u> w/Sweet Corn and Fruit Selection (V= Veggie Spaghetti Pie)</p> <p>Fresh Fruit Selection</p>	<p><u>^Veggie Quiche</u></p> <p>^Roasted Vegetable Pasta w/<u>Marinara</u>, Sweet Carrots, ^*Warm Garlic Knots, &amp; Fruit Selection</p> <p><u>Applesauce-Yogurt Swirl</u></p>
JANUARY 9-13	<p><u>^Cheese Toast</u></p> <p><u>^Chicken Nuggets</u>, w/Mango Salsa, Fiesta Rice, Sweet Corn, &amp; 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, &amp; 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, &amp; Fruit Selection (V= meatless Tortilla Casserole)</p> <p><u>^Homemade Berry Bread</u></p>
JANUARY 16-20	<p><b>MLK Day!</b>  <b>SCHOOL CLOSED</b></p>	<p><u>Strawberry Mango Smoothie</u></p> <p>^*Vegetable Fried Rice w/^*^Baked Egg Rolls, Stir Fry Vegetables, &amp; Fresh Fruit Selection</p> <p>Baked Spiced Apples w/<u>Yogurt</u></p>	<p><u>Blueberries and Cream Oatmeal</u></p> <p><u>^Chicken Alfredo Pasta</u> w/Broccoli, ^*<u>Garlic Knots</u>, &amp; Fruit Selection (V= Veg. Alfredo)</p> <p>Hummus w/ ^Crackers</p>	<p><u>Yogurt</u> w/ Fresh Fruit</p> <p><u>Turkey Stroganoff</u> w/ ^*Egg Noodles, Green Peas, &amp; Mixed Berry Applesauce (V=^*<u>Meatless Stroganoff</u>)</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/ <u>Gravy</u>, Rosemary Potatoes, Green Beans, &amp; 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>^Housemade Trail Mix</p>	<p><u>Banana Maple Parfait</u></p> <p>^*Turkey Meatloaf w/ Mashed Potatoes, Vegetable Medley, ^*Warm Rolls, &amp; Fresh Fruit Selection (V=^*Veggie Patty)</p> <p><u>Cheese</u> w/^Crackers</p>	<p>^Cinnamon Toast</p> <p><u>Chicken Tetrazzini</u> w/ Spinach and <u>Parmesan</u>, Carrots, &amp; Fruit Selection (V=Veg. Tetrazzini)</p> <p>Fresh Fruit Slection</p>	<p><u>Peaches and Cream Oatmeal</u></p> <p><u>^Four Cheese Ravioli</u> w/<u>Marinara Sauce</u>, Broccoli, ^*<u>Warm Garlic Bread</u>, &amp; Fruit Selection</p> <p>^Graham Crackers w/<u>Applesauce</u></p>
JANUARY 30-31	<p>Multigrain Cheerios w/ Fresh Fruit</p> <p>BBQ Chicken w/ Vegetable Medley, ^*Warm Rolls, &amp; 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/<u>Marinara</u>, Sweet Carrots, ^*Warm Garlic Bread, &amp; 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)