

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	<u>*Maple Apple Baked Oatmeal</u>	<u>Orange-Mango Smoothie</u>	<u>*Spinach + Cheese Frittata</u>	<u>^Multigrain Cheerios</u> w/ Fresh Fruit
	<u>^Four Cheese Ravioli</u> w/ Marinara Sauce, Sweet corn, <u>^*Warm Garlic Bread</u> , and Fruit Selection	<u>^Chili Lime Fish Stick Tacos</u> 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>	<u>^Housemade Trail Mix</u>	<u>^Turkey and Cheese Wraps</u>	<u>^Monkey Munch Trail Mix</u> 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>
	<u>^Ground Turkey Taco</u> w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V=Tofu Crumble Taco)	Vegetable Fried Rice w/ <u>^*Baked Egg Rolls</u> , 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 <u>^Warm Tortillas</u> (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>	<u>^Housemade Trail Mix</u>	Fresh Bananas w/ ^Graham Crackers	Fresh Fruit Selection
FEBRUARY 27-28	<u>Peaches and Cream Oatmeal</u>	<u>^Multigrain Cheerios</u> 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			
	<u>^Graham Crackers</u> 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)