



# DECEMBER





## THE SUZUKI SCHOOL MENU

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.





**MENU CODING:**  
V=Vegetarian Option  
\*= May Contain Eggs  
Underline=May Contain Dairy  
^= May Contain Wheat

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DECEMBER 1					Strawberry Mango Smoothie  ^ <u>Chicken Nuggets</u> w/Peas and Carrots, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^ <u>Veggie Nuggets</u> )  ^Housemade Trail Mix
DECEMBER 4-8	^ <u>Warm Biscuits</u> w/Jam  White Bean Chicken Chili w/Sweet Corn, ^ <u>Housemade Cornbread</u> and Fruit Selection (V= Veggie Chili)  Hummus and ^ <u>Crackers</u>	<u>Maple Pumpkin Spice Oatmeal</u>  ^ <u>Taco Spaghetti Pie</u> w/Vegetable Medley and Fruit Selection (V= ^ <u>Veggie Spaghetti Pie</u> )  ^ <u>Pita Chips</u> w/ <u>Housemade Spinach Dip</u>	<u>Orange-Mango Smoothie</u>  ^ <u>Broccoli and Cheese Casserole</u> w/Maple Glazed Carrots, Roasted Corn, Fresh Fruit Selection  ^Housemade Trail Mix	<u>Scrambled Eggs</u> w/ Cheese  Barbecue Chicken w/ Broccoli, ^ <u>Warm Rolls</u> , and Fruit Selection (V= Meatless Barbecue Chicken)  ^ <u>Turkey and Cheese Wraps</u>	^Multigrain Cheerios w/Fresh Fruit  ^ <u>Chicken Tetrazzini</u> w/Spinach and <u>Parmesan</u> , Carrots, and Fruit Selection (V= ^ <u>Vegetable Tetrazzini</u> )  ^Monkey Munch Trail Mix w/ <u>Yogurt</u>
DECEMBER 11-15	^ <u>Blueberry Crunch Bake</u>  ^ <u>Grilled Cheese Sandwiches</u> w/Green Peas and Fruit Selection  ^ <u>Pumpkin Cheesecake Fluff</u> w/Fresh Apple slices	^ <u>Sunflower Butter Toast</u> w/Fresh Bananas  ^Ground Turkey Taco w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V= ^Tofu Crumble Taco)  Roasted Corn Salsa w/^ <u>Pita Chips</u>	<u>Yogurt</u> w/Fresh Fruit  ^ <u>Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussel Sprouts and Mixed Berry Applesauce  ^ <u>Banana and Zucchini Bread</u>	<u>Cheese Grits</u>  ^ <u>Turkey and Wild Rice Casserole</u> , Sweet Carrots and Fruit Selection (V= ^ <u>Tofu and Wild Rice Cassrole</u> )  Fruit Salsa with ^ <u>Cinnamon Pita Bread</u>	<u>Green Smoothie</u>  ^ <u>Chicken Pot Pie</u> w/Mixed Vegetables, Corn and Baked Apples (V= ^ <u>Vegetable Pot Pie</u> )  ^ <u>Pita Chips</u> w/Hummus
DECEMBER 18-22	^ <u>Cinnamon Toast</u>  ^ <u>Spinach and Kale Pesto Pasta</u> w/Sweet Carrots, ^ <u>Warm Rolls</u> , Fruit Selection  ^ <u>Warm Soft Pretzels</u> w/ <u>Cheddar Sauce</u>	^ <u>Fish Sticks</u> w/ <u>Housemade Tartar Sauce</u> , Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^ <u>Veggie Nuggets</u> )  Sunflower Butter w/Rice Cakes	Housemade Hash w/Peppers and Onions  Spanish Style Black Beans w/Yellow Rice, Plantains, Green Beans, and Fruit Selection  ^ <u>Celebration Pumpkin Pie</u>	<u>Yogurt</u> w/Fresh Fruit  ^ <u>Turkey Lasagna</u> , Garlic Green Peas, ^ <u>Garlic Knots</u> and Fresh Fruit Selection (V= ^ <u>Vegetable Lasagna</u> )  Fresh Bananas w/^ <u>Graham Crackers</u>	<div>  <p><b>WINTER BREAK!</b> SCHOOL CLOSED!</p> </div>
DECEMBER 25-29	<div>  <p><b>WINTER BREAK!</b> SCHOOL CLOSED!</p>  </div>				