



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					<u>Strawberry Mango Smoothie</u>
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 ^Crackers	<u>Maple Pumpkin Spice Oatmeal</u> ^^ <u>Vegetable Spaghetti Pie</u> w/Vegetable Medley and Fruit Selection ^^ <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>	^Housemade Trail Mix ^Multigrain Cheerios w/Fresh Fruit ^^ <u>Vegetable Tetrazzini</u> w/Spinach and <u>Parmesan</u> , Carrots, and Fruit Selection ^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/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>Tofu and Wild Rice Casserole</u> , Sweet Carrots and Fruit Selection Fruit Salsa with ^ <u>Cinnamon Pita Bread</u>	<u>Green Smoothie</u> ^^ <u>Vegetable Pot Pie</u> w/Mixed Vegetables, Corn and Baked Apples ^^ <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 ^^Warm Soft Pretzels w/ <u>Cheddar Sauce</u>	<u>Strawberry and Cream Oatmeal</u> ^^ <u>Fish Sticks</u> w/Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^Veggie Nuggets) 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>Vegetable Lasagna</u> , Garlic Green Peas, ^ <u>Garlic Knots</u> and Fresh Fruit Selection Fresh Bananas w/^Graham Crackers	<div>  <h3>WINTER BREAK!</h3> <p>SCHOOL CLOSED!</p> </div>
DECEMBER 25-29	<div>  <h2>WINTER BREAK!</h2> <h3>SCHOOL CLOSED!</h3>  </div>				