

JANUARY

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
JANUARY 2 - 5	 WINTER BREAK! SCHOOL CLOSED!	^Avocado Toast ^*Fish Sticks w/ <u>Housemade Tartar Sauce</u> , Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^*Veggie Nuggets) Baked Spiced Peaches w/ <u>Yogurt</u>	Multigrain Cheerios w/ Fresh Fruit ^* <u>Four Cheese Ravioli</u> w/Marinara Sauce, Maple Bussel Sprouts, ^* <u>Warm Garlic Bread</u> , and Fruit Selection ^Club Crackers w/ <u>Housemade Spinach Dip</u>	Housemade Hash w/Peppers and Onions Barbecue Chicken w/Broccoli, ^* <u>Warm Rolls</u> , and Fruit Selection (V=Meatless Barbecue Chicken) <u>Cheese</u> w/^Crackers	<u>Orange-Peach Smoothie</u> ^* <u>Chicken Alfredo Pasta</u> w/Broccoli, ^* <u>Warm Pita Bread</u> , and Fruit Selection (V= ^* <u>Vegetable Alfredo</u>) Fresh Guacamole w/^* <u>Pita Chips</u>
JANUARY 8 - 12	*Scrambled Eggs w/ <u>Cheese</u> and Salsa Lemon-Herb Baked Chicken w/Brown Rice, Broccoli, ^* <u>Warm Rolls</u> , and Fresh Fruit Selection (V= ^*Veggie Patty) <u>Applesauce-Yogurt Swirl</u>	^Cinnamon Toast Chicken Fajitas w/Peppers, Fiesta Rice, Sweet Corn, Fruit Selection, and ^*Warm Tortillas (V= ^*Veggie Patty) Fresh Fruit Selection <u>Yogurt</u> w/Fresh Fruit	Housemade Hash w/Peppers and Onions Spanish Style Black Beans w/Yellow Rice, Plantains, Green Beans, and Fruit Selection ^Housemade Trail Mix	<u>Maple Pumpkin Spice Oatmeal</u> Ground Turkey Sloppy Joes on ^* <u>Warm Rolls</u> , Green Beans, and Fresh Fruit Selection (V= Tofu Crumble Sloppy Joe) ^Crackers w/ Hummus	^* <u>Warm Biscuits</u> w/ Jam Barbecue Chicken w/Broccoli, ^* <u>Warm Rolls</u> , and Fruit Selection (V=Meatless Barbecue Chicken) Fresh Bananas w/^Graham Crackers
JANUARY 15-19	 I HAVE A DREAM MARTIN LUTHER KING JR. DAY SCHOOL CLOSED!	^* <u>Taco Spaghetti Pie</u> w/Sweet Corn and Fruit Selection (V= ^* <u>Veggie Spaghetti Pie</u>) Baked Spiced Peaches w/ <u>Yogurt</u>	^* <u>Blueberry Crunch Bake</u> Louisiana Style Red Beans w/Brown Rice, Vegetable Medley and Fruit Selection Fresh Fruit Selection	Housemade Hash w/Peppers and Onions Curry Chicken w/Caribbean Rice and Beans, Carrots, and Fruit Selection (V= Meatless Curry) ^*Warm Soft Pretzels w/ <u>Cheddar Sauce</u>	Strawberry Mango Smoothie Chicken Souvlaki w/Brown Rice, Broccoli, ^*Warm Rolls, and Fruit Selection (V= ^*Veggie Patty) Fresh Fruit Selection
JANUARY 22-26	<u>Cheese Grits</u> ^* <u>Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussel Sprouts and Mixed Berry Applesauce Fresh Bananas w/^Graham Crackers	^* <u>Warm Biscuits</u> w/ Jam ^* <u>Turkey Tortilla Casserole</u> w/Veggie Blend and Fruit Selection (V= ^* <u>Meatless Tortilla Casserole</u>) ^* <u>Pita Chips</u> w/ <u>Housemade Spinach Dip</u>	Housemade Hash w/Peppers and Onions ^* <u>Broccoli and Cheese Casserole</u> w/Maple Glazed Carrots, Roasted Corn, Fresh Fruit Selection ^Housemade Trail Mix	<u>Blueberries and Cream Oatmeal</u> Homestyle Chicken w/ <u>Gravy</u> , Rosemary Potatoes, Green Beans, and Fruit Selection (V= ^*Veggie Patty) Fresh Bananas w/^Graham Crackers	*Scrambled Eggs w/ <u>Cheese</u> and Salsa Lemon-Herb Baked Chicken w/Brown Rice, Broccoli, ^* <u>Warm Rolls</u> , and Fresh Fruit Selection (V= ^*Veggie Patty) Fresh Fruit Selection
JANUARY 29 - 31	<u>Cinnamon-Raisin Oatmeal</u> Vegetable Fried Rice w/^*Baked Egg Rolls, Stir Fry Vegetables, and Fresh Fruit Selection <u>Cheese</u> w/^Crackers	^Cheese Toast Teriyaki Chicken w/Brown Rice, Stir Fry Vegetables, and Mixed Berry Applesauce (V= Meatless Teriyaki Chicken) ^Housemade Trail Mix	^* <u>Blueberry Crunch Bake</u> ^* <u>Chicken Nuggets</u> w/Peas and Carrots, ^* <u>Warm Rolls</u> , and Fruit Selection (V= ^*Veggie Nuggets) ^* <u>Celebration Chocolate-Zucchini Bread</u>		

ORGANIC OFFERINGS:

Carrots, Broccoli, Mixed Berries, Cherries, Strawberries, Fresh Spinach, Canned Tomato Products

FRESH FRUIT OFFERINGS:

Apple Slices, Orange Smiles, Bananas, Melons (Seasonal)