

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/Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^Veggie Nuggets) Baked Spiced Peaches w/Yogurt	Multigrain Cheerios w/ Fresh Fruit ^Four Cheese Ravioli w/Marinara Sauce, Maple Bussel Sprouts, ^Warm Garlic Bread, and Fruit Selection ^Club Crackers w/Housemade Spinach Dip	Housemade Hash w/Peppers and Onions Barbecue Chicken w/Broccoli, ^Warm Rolls, and Fruit Selection (V=Meatless Barbecue Chicken) Cheese w/^Crackers	<u>Orange-Peach Smoothie</u> ^Vegetable Alfredo Pasta w/ Broccoli, ^Warm Pita Bread, and Fruit Selection Fresh Guacamole w/^Pita Chips
JANUARY 8 - 12	*Scrambled Eggs w/Cheese and Salsa Lemon-Herb Baked Chicken w/Brown Rice, Broccoli, ^Warm Rolls, and Fresh Fruit Selection (V= ^Veggie Patty) <u>Applesauce-Yogurt Swirl</u>	<u>Cinnamon Toast</u> Chicken Fajitas w/Peppers, Fiesta Rice, Sweet Corn, Fruit Selection, and ^Warm Tortillas (V= ^Veggie Patty) Fresh Fruit Selection <u>Yogurt w/Fresh Fruit</u>	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 ^Warm Rolls, Green Beans, and Fresh Fruit Selection (V= Tofu Crumble Sloppy Joe) ^Crackers w/ Hummus	^Warm Biscuits w/ Jam Barbecue Chicken w/Broccoli, ^Warm Rolls, 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!	^Veggie Spaghetti Pie w/Sweet Corn and Fruit Selection Baked Spiced Peaches w/Yogurt	^Blueberry Crunch Bake 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/Cheddar Sauce	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> ^Macaroni and Three Cheese Pasta w/Maple Glazed Brussel Sprouts and Mixed Berry Applesauce Fresh Bananas w/^Graham Crackers	^Warm Biscuits w/ Jam ^Meatless Tortilla Casserole w/Veggie Blend and Fruit Selection ^Pita Chips w/Housemade Spinach Dip	Housemade Hash w/Peppers and Onions ^Broccoli and Cheese Casserole w/Maple Glazed Carrots, Roasted Corn, Fresh Fruit Selection ^Housemade Trail Mix	<u>Blueberries and Cream Oatmeal</u> Homestyle Chicken w/Rosemary Potatoes, Green Beans, and Fruit Selection (V= ^Veggie Patty) Fresh Bananas w/^Graham Crackers	*Scrambled Eggs w/Cheese and Salsa Lemon-Herb Baked Chicken w/Brown Rice, Broccoli, ^Warm Rolls, 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 Cheese w/^Crackers	^Cheese Toast Teriyaki Chicken w/Brown Rice, Stir Fry Vegetables, and Mixed Berry Applesauce (V= Meatless Teriyaki Chicken) ^Housemade Trail Mix	^Blueberry Crunch Bake ^Chicken Nuggets w/Peas and Carrots, ^Warm Rolls, and Fruit Selection (V= ^Veggie Nuggets) ^Celebration Chocolate-Zucchini Bread		

ORGANIC OFFERINGS:

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

FRESH FRUIT OFFERINGS:

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