




# FEBRUARY




## 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
FEBRUARY 1 - 2				<u>Grits w/Butter</u>	<u>Yogurt</u> w/Fresh Fruit
				^* <u>Turkey Spaghetti</u> w/Sweet Corn and Fruit Selection (V=^* <u>Vegetable Spaghetti</u> )	^* <u>Chicken and Wild Rice Casserole</u> w/Garlic Green Beans, and Fruit Selection (V= ^* <u>Vegetable Wild Rice Casserole</u> )
				Sunflower Butter w/^Crackers	Fresh Guacamole w/^Pita Chips
FEBRUARY 5 - 9	^* <u>Warm Biscuits</u> w/Jam	<u>Maple Apple Baked Oatmeal</u>	<u>Orange-Mango Smoothie</u>	Housemade Hash w/Peppers and Onions	^* <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> , Green Beans, and Fruit Selection (V=Tofu Crumble Sloppy Joe)	White Bean and Chicken Chili w/Steamed Rice, Green Peas, and Fruit Selection (V=Vegetable White Bean Chili)
	Hummus and ^* <u>Crackers</u>	^* <u>Pita Chips</u> w/ <u>Housemade Spinach Dip</u>	^Housemade Trail Mix	^* <u>Turkey and Cheese Wraps</u>	^Monkey Munch Trail Mix w/ <u>Yogurt</u>
FEBRUARY 12 - 16	^* <u>Blueberry Crunch Bake</u>	Housemade Hash w/Peppers and Onions	<u>Strawberry and Cream Oatmeal</u>	<u>Cheese Grits</u>	<u>Yogurt</u> w/Fresh Fruit
	Vegetable Fried Rice w/^* <u>Baked Egg Rolls</u> , Stir Fry Vegetables, and Fresh Fruit Selection	^Ground Turkey Taco w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V=^Tofu Crumble Taco)	^* <u>Cheese Pizza</u> w/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/^*Egg Noodles, Green Peas, and Mixed Berry Applesauce (V= ^* <u>Meatless Stroganoff</u> )
	Apple Slices w/ <u>Yogurt Dip</u>	Roasted Corn Salsa w/^* <u>Pita Chips</u>	^ <u>Valentine Snack Mix</u>	Rice Cakes and Sun Butter	Fresh Fruit w/ <u>Cheese</u>
FEBRUARY 19 - 23	<u>Cheese Grits</u>	^* <u>Warm Biscuits</u> w/Jam	Housemade Hash w/Peppers and Onions	<u>Blueberries and Cream Oatmeal</u>	^Avocado Toast
	^* <u>Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussel Sprouts, ^* <u>Housemade Cornbread</u> , Mixed Berry Applesauce	Chicken Fajitas w/Peppers, Fiesta Rice, Sweet Corn, Fruit Selection, and ^Warm Tortillas (V= ^*Veggie Patty)	^* <u>Grilled Cheese Sandwiches</u> w/Green Peas, Crisp Sweet Potato Fries, and Fresh Fruit Selection	Hawaiian Chicken w/Brown Rice, Green Peas and Carrots, ^* <u>Warm Rolls</u> , and Fruit Selection (V= Meatless Hawaiian Chicken)	Curry Chicken w/Carribean Rice and Beans, Carrots, and Fruit Selection (V= Meatless Curry)
	Fresh Bananas w/^Graham Crackers	^* <u>Pita Chips</u> w/ <u>Housemade Spinach Dip</u>	^Housemade Trail Mix	Fresh Bananas w/^Graham Crackers	Fresh Fruit Selection
FEBRUARY 26 - 29	<u>Peaches and Cream Oatmeal</u>	^Multigrain Cheerios w/Fresh Fruit	^* <u>Broccoli and Cheese Frittata</u>	^* <u>Blueberry Crunch Bake</u>	
	Veggie Chili w/Sweet Carrots and ^* <u>Housemade Cornbread</u> , and Fruit Selection	^ <u>Taco Spaghetti</u> w/Vegetable Medley and Fruit Selection (V=^ <u>Veggie Spaghetti Pie</u> )	Texas Style Baked Beans w/Brown Rice, Sweet Carrots, ^* <u>Warm Rolls</u> , and Fruit Selection	Homestyle Chicken w/Gravy, Rosemary Potatoes, Green Beans, and Fruit Selection (V= ^*Veggie Patty)	
	^Graham Crackers w/Applesauce	^* <u>Pita Chips</u> w/Hummus	^* <u>Celebration Key Lime Cake</u>	Sunflower Butter w/^Crackers	

**ORGANIC OFFERINGS:**  
Carrots, Broccoli, Mixed Berries, Cherries, Strawberries , Fresh Spinach, Canned Tomato Products

**FRESH FRUIT OFFERINGS:**  
Apple Slices, Orange Smiles, Bananas, Melons (Seasonal)