



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>^Vegetable Spaghetti</u> w/Sweet Corn and Fruit Selection | <u>^Vegetable and Wild Rice Casserole</u> w/Garlic Green Beans, and Fruit Selection |
| | | | | 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> | <u>^Housemade Trail Mix</u> | <u>^Turkey and Cheese Wraps</u> | <u>^Monkey Munch Trail Mix</u> 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/^Baked Egg Rolls, Stir Fry Vegetables, and Fresh Fruit Selection | <u>^Ground Turkey Taco</u> w/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>^Meatless Stroganoff</u> w/^Egg Noodles, Green Peas, and Mixed Berry Applesauce |
| | Apple Slices w/ <u>Yogurt Dip</u> | Roasted Corn Salsa w/^Pita Chips | <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> | <u>^Avocado Toast</u> |
| | <u>^Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussels 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> | <u>^Housemade Trail Mix</u> | Fresh Bananas w/^Graham Crackers | Fresh Fruit Selection |
| FEBRUARY 26 - 29 | <u>Peaches and Cream Oatmeal</u> | <u>^Multigrain Cheerios</u> 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>^Vegetable Spaghetti</u> w/Vegetable Medley and Fruit Selection | 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) | |
| | <u>^Graham Crackers</u> 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)