

MARCH

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
MARCH 1					<u>^*Veggie Quiche</u>
MARCH 4 - 8	Housemade Hash w/Peppers and Onions ^*Turkey Spaghetti w/Sweet Corn and Fruit Selection (V= ^* <u>Veggie Spaghetti Pie</u>) Hummus and ^Crackers	<u>Cheese Grits</u> ^*Turkey Tortilla Casserole w/Green Beans, and Fruit Selection (V= ^* <u>Meatless Tortilla Casserole</u>) Sunflower Butter w/^Crackers	<u>Orange-Mango Smoothie</u> ^*Four Cheese Ravioli w/Marinara Sauce, Sweet carrots, ^* <u>Warm Garlic Bread</u> , and Fruit Selection ^Housemade Trail Mix	<u>Spinach + Cheese Frittata</u> Lemon-Herb Baked Chicken w/Mashed Potatoes, Broccoli and ^* <u>Warm Rolls</u> , and Fresh Fruit Selection (V= ^*Veggie Patty) ^Turkey and Cheese Wraps	^Housemade Trail Mix ^Multigrain Cheerios w/Fresh Fruit Barbecue Chicken w/Broccoli, ^* <u>Warm Rolls</u> , and Fruit Selection (V= Meatless Barbecue Chicken) ^Monkey Munch Trail Mix w/ <u>Yogurt</u>
MARCH 11 - 15	^* <u>Blueberry Crunch Bake</u> ^Grilled Cheese Sandwiches w/Green Peas and Fruit Selection Apple Slices w/ <u>Yogurt Dip</u>	^Sunflower Butter Toast w/Fresh Bananas ^Ground Turkey Taco w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V=Tofu Crumble Taco) Fresh Guacamole w/^*Pita Chips	Housemade Hash w/Peppers and Onions ^* <u>Cheese Pizza</u> w/Green Peas and Carrots, Fruit Selection <u>Applesauce-Yogurt Swirl</u>	<u>Cheese Grits</u> ^*Turkey and Wild Rice Casserole, Sweet Carrots and Fruit Selection (V=^* <u>Tofu and Wild Rice Casserole</u>) Fruit Salsa with ^* <u>Cinnamon Pita Bread</u>	<u>Green Smoothie</u> ^*Chicken Pot Pie w/Mixed Vegetables, Corn and Baked Apples (V= ^* <u>Veggie Pot Pie</u>) ^Housemade Trail Mix
MARCH 18 - 22	^* <u>Cinnamon Toast</u> ^*Spinach and Kale Pesto Pasta w/Sweet Carrots, ^* <u>Warm Rolls</u> , Fruit Selection ^*Warm Soft Pretzels w/ <u>Cheddar Sauce</u>	<u>Strawberry and Cream Oatmeal</u> ^*Fish Sticks w/ <u>Housemade Tartar Sauce</u> , Yellow Rice, Broccoli, and Fruit Selection (V= ^*Veggie Nuggets) Fresh Fruit w/ <u>Cheese</u>	<u>Yogurt</u> w/Fresh Fruit ^* <u>Broccoli and Cheese Casserole</u> w/Maple Glazed Brussel Sprouts and Fresh Fruit Selection Sunflower Butter w/^Crackers	Housemade Hash w/Peppers and Onions ^*Turkey Lasagna, Garlic Green Peas, ^* <u>Garlic Knots</u> and Fresh Fruit Selection (V= ^* <u>Vegetable Lasagna</u>) Fresh Bananas w/^Graham Crackers	^* <u>Cream Cheese Toast</u> w/Fresh Fruit Curry Chicken w/Caribbean Rice and Beans, Carrots, and Fruit Selection (V= Meatless Curry) ^Housemade Trail Mix
MARCH 25 - 29	^Multigrain Cheerios w/Fresh Fruit ^*Macaroni and Three Cheese Pasta w/Maple Glazed Brussels Sprouts and Mixed Berry Applesauce ^Graham Crackers w/Applesauce	^Scrambled Eggs w/ <u>Cheese</u> Homestyle Chicken w/ <u>Gravy</u> , Rosemary Potatoes, Green Beans, and Fruit Selection (V= ^*Veggie Patty) ^*Pita Chips w/Hummus	^* <u>Cinnamon Toast</u> ^*Spinach-Artichoke Pasta w/Maple Glazed Carrots, ^* <u>Warm Pita Bread</u> , and Fruit Selection ^Celebration Key Lime Cake	<u>Blueberries and Cream Oatmeal</u> ^* <u>Cheese Pizza</u> w/Green Peas and Fruit Selection Baked Spiced Peaches w/ <u>Yogurt</u>	Housemade Hash w/Peppers and Onions Peachy Barbecue Chicken w/Garlic Green Beans, ^* <u>Warm Rolls</u> , and Fruit Selection (V= Meatless Peachy Barbecue) Fresh Fruit Selection

ORGANIC OFFERINGS:

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

FRESH FRUIT OFFERINGS:

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