

SEPTEMBER

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
SEPTEMBER 2-6	 <p>LABOR DAY! SCHOOL CLOSED</p>	<p><u>Blueberry-Pineapple Smoothie</u></p> <p>^<u>Four Cheese Ravioli</u> w/<u>Marinara Sauce</u>, Broccoli, ^<u>Warm Garlic Bread</u>, and Fruit Selection</p> <p><u>Cheese</u> w/^<u>Crackers</u></p>	<p>^<u>Multigrain Cheerios</u> w/<u>Fresh Fruit</u></p> <p>^<u>Barbecue Chicken</u> w/<u>Broccoli</u>, ^<u>Warm Rolls</u>, and <u>Fruit Selection</u> (V= ^<u>Meatless Barbecue Chicken</u>)</p> <p>Fresh Fruit Selection</p>	<p>^<u>Avocado Toast</u></p> <p>^<u>Chicken Lasagna</u> w/<u>Garlic Green Beans</u> and <u>Fresh Fruit Selection</u> (V= ^<u>Veggie Lasagna</u>)</p> <p>^<u>Pita Chips</u> w/<u>Hummus</u></p>	<p>^<u>Warm Biscuits</u> w/<u>Jam</u></p> <p>^<u>Chicken Lo Mein</u> w/<u>mixed Vegetables</u> and <u>Fruit Selection</u> (V= <u>Meatless Curry</u>)</p> <p>^<u>Housemade Trail Mix</u></p>
SEPTEMBER 9-13	<p>^<u>Blueberry Crunch Bake</u></p> <p>^<u>Chicken Nuggets</u> w/<u>Peas and Carrots</u>, ^<u>Warm Rolls</u>, and <u>Fruit Selection</u> (V= ^<u>Veggie Nuggets</u>)</p> <p>Fresh Bananas w/^<u>Graham Crackers</u></p>	<p>Housemade Hash w/<u>Peppers and Onions</u></p> <p>^<u>Chicken Spaghetti</u> w/<u>Sweet Corn</u> and <u>Fruit Selection</u> (V= ^<u>Veggie Spaghetti Pie</u>)</p> <p>^<u>Pita Chips</u> w/<u>Hummus</u></p>	<p>^<u>Macaroni and Three Cheese Pasta</u> w/<u>Maple Glazed Brussel Sprouts</u> and <u>Mixed Berry Applesauce</u></p> <p>Sunflower Butter w/^<u>Crackers</u></p>	<p>^<u>Ground Chicken Sloppy Joes</u> on ^<u>Warm Rolls</u>, <u>Green Beans</u>, and <u>Fresh Fruit Selection</u> (V= ^<u>Tofu Crumble Sloppy Joe</u>)</p> <p><u>Applesauce-Yogurt Swirl</u></p>	<p>^<u>Multigrain Cheerios</u> w/<u>Fresh Fruit</u></p> <p>^<u>Chicken Tetrazzini</u> w/<u>Spinach</u> and <u>Parmesan</u>, <u>Carrots</u>, and <u>Fresh Fruit Selection</u> (V= ^<u>Veggie Tetrazzini</u>)</p> <p>Watermelon Salad w/<u>Mint and Lime</u></p>
SEPTEMBER 16-20	<p>^<u>Apple Crunch Bake</u></p> <p>^<u>Pasta Primavera</u> w/<u>Broccoli</u> and ^<u>Warm Garlic Rolls</u> and <u>Fresh Fruit Selection</u></p> <p>Fresh Bananas w/^<u>Graham Crackers</u></p>	<p><u>Cheese Grits</u></p> <p>^<u>Ground Chicken Taco</u> w/<u>Cheddar Sprinkles</u>, <u>Saffron Rice</u>, <u>Sweet Corn</u> w/<u>Peppers</u>, <u>Fruit Selection</u> (V= <u>Tofu Crumble Taco</u>)</p> <p>Sunflower Butter w/^<u>Crackers</u></p>	<p>^<u>Yogurt</u> w/<u>Fresh Fruit</u></p> <p>^<u>Broccoli and Cheese Casserole</u> w/<u>Maple Glazed Carrots</u> and <u>Fresh Fruit Selection</u></p> <p>Fresh Guacamole w/^<u>Pita Chips</u></p>	<p>^<u>Cinnamon Toast</u></p> <p>^<u>Chicken Lasagna</u> w/<u>Garlic Green Beans</u> and <u>Fresh Fruit Selection</u> (V= ^<u>Veggie Lasagna</u>)</p> <p>^<u>Housemade Trail Mix</u></p>	<p><u>Orange-Peach Smoothie</u></p> <p>Vegetable Fried Rice w/^<u>Baked Egg Rolls</u>, <u>Stir Fry Vegetables</u>, and <u>Fresh Fruit Selection</u></p> <p>Watermelon Salad w/<u>Mint and Lime</u></p>
SEPTEMBER 23-27	<p>Housemade Hash w/<u>Peppers and Onions</u></p> <p>^<u>Teriyaki Chicken</u> w/<u>Brown Rice</u>, <u>Stir Fry Vegetables</u>, and <u>Mixed Berry Applesauce</u> (V= ^<u>Meatless Teriyaki Chicken</u>)</p> <p>^<u>Homemade Berry Bread</u></p>	<p><u>Pineapple-Banana Smoothie</u></p> <p>^<u>Spinach and Kale Pesto Pasta</u> w/<u>Sweet Carrots</u>, ^<u>Warm Rolls</u>, <u>Fruit Selection</u></p> <p>^<u>Pita Chips</u> w/<u>Housemade Spinach Dip</u></p>	<p><u>Grits</u> w/<u>Butter</u></p> <p>^<u>Grilled Cheese Sandwiches</u> w/<u>Green Peas</u> and <u>Fresh Fruit Selection</u></p> <p>Apple Slices w/<u>Yogurt Dip</u></p>	<p>^<u>Cinnamon Toast</u></p> <p>^<u>Chicken Alfredo Pasta</u> w/<u>Broccoli</u>, ^<u>Warm Garlic Bread</u>, and <u>Fruit Selection</u> (V= ^<u>Veggie Alfredo</u>)</p> <p>Fresh Bananas w/^<u>Graham Crackers</u></p>	<p>^<u>Scrambled Eggs</u> w/<u>Cheese and Salsa</u></p> <p>^<u>Barbecue Chicken</u> w/<u>Baked Beans</u>, ^<u>Pasta Salad</u> and <u>Fruit Selection</u> (V= ^<u>Meatless Barbecue Chicken</u>)</p> <p>Fresh Fruit Selection</p>
SEPTEMBER 30	<p>^<u>Blueberry Crunch Bake</u></p> <p>^<u>Chicken Stroganoff</u> w/^<u>Egg Noodles</u>, <u>Green Beans</u>, and <u>Mixed Berry Applesauce</u> (V= ^<u>Meatless Stroganoff</u>)</p> <p><u>Cheese</u> w/^<u>Crackers</u></p>	<p>Housemade Hash w/<u>Peppers and Onions</u></p> <p>^<u>Fish Sticks</u> w/<u>Housemade Tartar Sauce</u>, <u>Yellow Rice</u>, <u>Broccoli</u>, and <u>Fresh Fruit Selection</u> (V= ^<u>Veggie Nuggets</u>)</p> <p>Fresh Fruit Selection</p>	<p>^<u>Cheese Toast</u></p> <p>^<u>Spinach-Artichoke Pasta</u> w/<u>Maple Glazed Carrots</u>, ^<u>Warm Pita Bread</u>, and <u>Fruit Selection</u></p> <p>^<u>Celebration Key Lime Cake</u></p>	<p><u>Blueberries and Cream Oatmeal</u></p> <p><u>Curry Chicken</u> w/<u>Caribbean Rice and Beans</u>, <u>Carrots</u>, and <u>Fruit Selection</u> (V= <u>Meatless Curry</u>)</p> <p>Fresh Bananas w/^<u>Graham Crackers</u></p>	<p>^<u>Homemade Banana Bread</u></p> <p>^<u>Macaroni and Three Cheese Pasta</u> w/<u>Maple Glazed Brussel Sprouts</u> and <u>Fresh Fruit</u></p> <p>^<u>Monkey Munch Trail Mix</u> w/<u>Yogurt</u></p>

ORGANIC OFFERINGS:

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

FRESH FRUIT OFFERINGS:

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