

# 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 3 - 7   | <u>Maple Brown Sugar Oatmeal</u><br><br>^^ <u>Four Cheese Ravioli</u><br>w/ <u>Marinara Sauce</u> , <u>Broccoli</u> ,<br>^^ <u>Warm Garlic Bread</u> , and<br>Fruit Selection<br><br>Fresh Fruit                           | ^ <u>Cheese Toast</u><br><br>^Apricot Glazed Chicken<br>w/ <u>Mashed Potatoes</u> ,<br>Green Peas and<br>Fresh Fruit Selection<br>(V= ^Apricot Glazed Tofu)<br><br>^^Warm Soft Pretzels<br>w/ <u>Cheddar Sauce</u> | ^Cheerios w/ Fresh Fruit<br><br>^^Roasted Vegetable Pasta<br>w/ <u>Marinara</u> , <u>Sweet Carrots</u><br>and Fruit Selection<br><br><u>Applesauce-Yogurt Swirl</u>                                                  | <u>Blueberry-Pineapple Smoothie</u><br><br>^^Orange Chicken w/ Brown<br>Rice, Stir Fry Vegetables,<br>and Fruit Selection<br>(V= ^Vegetable Orange<br>Chicken)<br><br><u>Cheese</u> w/ ^Crackers | ^^Baked Cinnamon Apple<br><u>Crumble</u><br><br>^^Macaroni and Three Cheese<br><u>Pasta</u> w/ <u>Maple Glazed</u><br><u>Brussels Sprouts</u> and Mixed<br>Berry Applesauce<br><br>Sunflower Butter<br>w/ ^Crackers |
| MARCH 10 - 14 | ^^ <u>Warm Biscuits</u> w/ <u>Jam</u><br><br>^Barbecue Chicken<br>w/ <u>Broccoli</u> , ^^ <u>Warm Rolls</u> ,<br>and Fruit Selection<br>(V= ^Vegetable Barbecue<br>Chicken)<br><br>Baked Spiced Apples<br>w/ <u>Yogurt</u> | ^Avocado Toast<br><br><u>Chickpea Curry</u> w/ Caribbean<br>Rice and Beans, Carrots, and<br>Fruit Selection<br><br><u>Cheese</u> w/ ^Crackers                                                                      | <u>Orange-Mango Smoothie</u><br><br>^^ <u>Spinach-Artichoke Pasta</u><br>w/ <u>Maple Glazed Carrots</u> ,<br>^^ <u>Warm Pita Bread</u> , and Fruit<br>Selection<br><br><u>Applesauce-Yogurt Swirl</u>                | Housemade Hash<br>w/ Peppers and Onions<br><br>^^ <u>Vegetable Pot Pie</u> w/ Mixed<br>Veggies, Green Beans and<br>Baked Apples<br><br>Fresh Bananas<br>w/ ^Graham Crackers                      | ^^Homemade Banana Bread*<br><br>Texas Style Baked Beans<br>w/ Brown Rice, Broccoli,<br>^^Homemade Cornbread, and<br>Fruit Selection<br><br>^Housemade Trail Mix                                                     |
| MARCH 17 - 21 | <u>Blueberries and Cream Oatmeal</u><br><br>^^Macaroni and Three Cheese<br><u>Pasta</u> w/ <u>Maple Glazed</u><br><u>Brussel Sprouts</u> and Mixed<br>Berry Applesauce<br><br><u>Cheese</u> w/ ^Crackers                   | <u>Yogurt</u> w/ Fresh Fruit<br><br>^Chili Lime Fish Stick Tacos<br>w/ <u>Mango Salsa</u> , <u>Fiesta Rice</u> ,<br><u>Sweet Corn</u> and Fruit<br>Selection (V= ^Meatless Taco)<br><br>Fresh Fruit Selection      | <u>Pineapple-Banana Smoothie</u><br><br>^Grilled Cheese Sandwiches<br>w/ <u>Sweet Corn</u> , <u>Crisp Sweet</u><br><u>Potato Fries</u> , and <u>Fresh Fruit</u><br>Selection<br><br>Sunflower Butter<br>w/ ^Crackers | ^Cheerios w/ Fresh Fruit<br><br>^^ <u>Vegetable Lasagna</u><br>w/ <u>Garlic Green Beans</u> and<br>Fresh Fruit Selection<br><br>Fresh Fruit w/ <u>Cheese</u>                                     | <u>Cheese Grits</u><br><br>Louisiana Style Red Beans<br>w/ Brown Rice, Vegetable<br>Medley and Fruit Selection<br><br>^Housemade Trail Mix                                                                          |
| MARCH 24 - 28 | Housemade Hash<br>w/ Peppers and Onions<br><br>^^ <u>Vegetable Stroganoff</u><br>w/ ^Egg Noodles, California<br>Blend Vegetables and Mixed<br>Berry Applesauce<br><br>Fresh Guacamole<br>w/ ^^Pita Chips                   | ^^Blueberry Crunch Bake<br><br>White Bean Chicken Chili<br>w/ <u>Steamed Rice</u> , <u>Garlic</u><br><u>Green Beans</u> , and Fruit<br>Selection<br><br>^^Warm Soft Pretzels<br>w/ <u>Cheddar Sauce</u>            | ^Cinnamon Toast<br><br>^^ <u>Spinach and Kale Pesto</u><br><u>Pasta</u> w/ <u>Sweet Carrots</u> ,<br>^^ <u>Warm Rolls</u> , Fruit Selection<br><br>Celebration ^^Pizza!                                              | <u>Cheese Grits</u><br><br>^Vegetable Fried Rice<br>w/ ^Baked Egg Rolls, ^Stir Fry<br>Vegetables, and Fresh Fruit<br>Selection<br><br>Fresh Bananas<br>w/ ^Graham Crackers                       | ^Cheerios w/ Fresh Fruit<br><br>^Black Bean Taco<br>w/ <u>Cheddar Sprinkles</u> , <u>Sweet</u><br><u>Corn</u> and Fruit Selection<br><br>^Graham Crackers<br>w/ <u>Housemade Cream</u><br><u>Cheese Dip</u>         |
| MARCH 31      | <u>Strawberry Mango Smoothie</u><br><br>^^ <u>Vegetable Alfredo Pasta</u><br>w/ <u>Broccoli</u> , ^^ <u>Warm Garlic</u><br><u>Bread</u> , and Fruit Selection<br><br>^^Pita Chips w/ Hummus                                |                                                                                                                                                                                                                    |                                                                                                                                                                                                                      |                                                                                                                                                                                                  |                                                                                                                                                                                                                     |

### ORGANIC OFFERINGS:

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

### FRESH FRUIT OFFERINGS:

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