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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

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(MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAV1_2	N			*Scrambled Eggs w/Salsa ^*Spinach Kale Pesto Pasta, Sweet Carrots, ^*Garlic Knots, and Fresh Fruit	^Cereal Sundae (^Cheerios, <u>Yogurt</u> , Fruit) Ground Chicken Meatloaf, Cauliflower Mash, Green Beans, ^' <u>Rolls</u> , and Fruit Selection.
				Sunflower Butter w/^Crackers	Yogurt and Strawberries
	^Avocado Toast	<u>Orange-Mango Smoothie</u>	^* <u>Blueberry Crunch Bake</u>	^* <u>Warm Biscuits</u> w/^ <u>Country Gravy</u>	^Multigrain Cheerios w/Fresh Fruit
V V W	regetable i fied file	^*Chicken Taco Spaghetti w/Sweet Corn and Fruit Selection (V= ^*Veggie Spaghetti Pie)	Spanish Style Black Beans w/Yellow Rice, Plantains, Green Beans, and Fruit Selection	^*Four Cheese Ravioli w/Marinara Sauce, Broccoli, ^*Warm Garlic Bread, and Fruit Selection	White Bean and Chicken Chili w/Steamed Rice, Garlic Green Beans, and Fruit Selection (V= Veggie White Bean Chili)
	^Oatmeal Blueberry Bars	Fresh Guacamole w/^* <u>Pita Chips</u>	^Graham Crackers w/ <u>Housemade Cream</u> <u>Cheese Dip</u>	Applesauce-Yogurt Swirl	Sunflower Butter w/^Crackers
	Blueberries and Cream Oatmeal	^Avocado Toast	^*Three Cheese Quiche	Housemade Hash w/Peppers and Onions	^*French Toast Casserole
81 - C1 VVM	w/Brown Rice, Broccoli, ^*Warm Rolls, and Fresh Fruit	^*Roasted Vegetable Pasta w/Marinara, Sweet Carrots and Fruit Selection	^Ground Chicken Taco w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V=Tofu Crumble Taco)	Louisiana Style Red Beans w/Brown Rice, Vegetable Medley, ^* <u>Housemade</u> <u>Cornbread</u> and Fruit Selection	^Grilled Cheese Sandwiches w/Sweet Corn, Crisp Sweet Potato Fries, and Fresh Fruit Selection
	w/ <u>Housemade Cream</u> Cheese Dip	<u>Applesauce-Yogurt Swirl</u>	Fresh Guacamole w/^* <u>Pita Chips</u>	Fresh Fruit Selection	^Housemade Trail Mix
	Housemade Hash w/Peppers and Onions	Pineapple-Banana Smoothie	^ <u>Cinnamon Toast</u>	Yogurt w/Fresh Fruit	^* <u>Apple Cinnamon Crunch</u> <u>Bake</u>
M V 10 - 02	Rice, ^Stir Fry Vegetables,	^'Macaroni and Three Cheese Pasta w/Maple Glazed Brussels Sprouts and Mixed Berry Applesauce	Chickpea Curry w/Caribbean Rice and Beans, Carrots, and Fruit Selection	^*Fish Sticks w/Housemade <u>Tartar Sauce</u> , Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^*Veggie Nuggets)	^* <u>Vegetable Pot Pie</u> w/Mixed Veggies, Green Beans and Baked Apples
	^Housemade Trail Mix	^* <u>Pita Chips</u> w/Hummus	Fresh Bananas w/^Graham Crackers	^* <u>Celebration Key Lime Cake</u>	Fresh Fruit Selection
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SCHOOL CLOSED



Break!

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