

# 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

\*\*\*Whole grain or approved crackers, including Goldfish, Graham Crackers, Cheez-Its and Ritz, may be offered periodically\*\*\*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 2-6	^ <u>Cheese Toast</u>  ^Apricot Glazed Chicken w/ <u>Mashed Potatoes</u> , Green Peas and Fresh Fruit Selection (V= ^Apricot Glazed Tofu)  ^Warm Soft Pretzels w/ <u>Cheddar Sauce</u>	<u>Maple Brown Sugar Oatmeal</u>  ^Four Cheese Ravioli w/Marinara Sauce, Broccoli, ^ <u>Warm Garlic Bread</u> , and Fruit Selection  Fresh Fruit	*Scrambled Eggs w/ <u>Cheese &amp; Salsa</u>  ^Turkey + Wild Rice Casserole w/Sweet Carrots, ^Warm Rolls, and Fruit Selection (V= ^ <u>Veggie + Wild Rice Casserole</u> )  <u>Applesauce-Yogurt Swirl</u>	^ <u>Baked Cinnamon Apple Crumble</u>  ^ <u>Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussels Sprouts and Mixed Berry Applesauce  Sunflower Butter w/^Crackers	<u>Blueberry-Pineapple Smoothie</u>  ^Chicken Fried Rice w/Stir Fry Vegetables, and Fruit Selection (V= ^Vegetable Fried Rice)  <u>Cheese</u> w/^Crackers
MARCH 9-13	^ <u>Warm Biscuits</u> w/ Jam  ^Barbecue Chicken w/Broccoli, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^Barbecue Glazed Tofu)  Baked Spiced Apples w/ <u>Yogurt</u>	^Avocado Toast  <u>Chickpea Curry</u> w/Caribbean Rice and Beans, Carrots, and Fruit Selection  <u>Cheese</u> w/^Crackers	Housemade Hash w/Peppers and Onions  ^ <u>Chicken Pot Pie</u> w/Green Beans and Baked Apples (V= ^ <u>Vegetable Pot Pie</u> )  Fresh Bananas w/^Graham Crackers	<u>Orange-Mango Smoothie</u>  ^ <u>Spinach-Artichoke Pasta</u> w/Maple Glazed Carrots, ^ <u>Warm Pita Bread</u> , and Fruit Selection  ^ <u>Baked Oatmeal Blueberry Bars</u>	^ <u>Homemade Banana Bread</u>  ^Ground Turkey Tacos w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn with Peppers, Fruit Selection (V=^Tofu Crumble Taco)  ^Housemade Trail Mix
MARCH 16-20	<u>Yogurt</u> w/Fresh Fruit  ^Chili Lime Fish Stick Tacos w/Mango Salsa, Fiesta Rice, Sweet Corn and Fruit Selection (V= Chili Lime Tofu Tacos)  Fresh Fruit Selection	<u>Blueberries and Cream Oatmeal</u>  ^ <u>Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussel Sprouts and Mixed Berry Applesauce  <u>Cheese</u> w/^Crackers	^Cheerios w/Fresh Fruit  Lemon-Herb Baked Chicken w/Brown Rice, Broccoli, and Fruit Selection (V=Lemon-Herb Baked ^ <u>Veggie Patty</u> )  ^ <u>Broccoli and Cheese Bites</u>	<u>Pineapple-Banana Smoothie</u>  ^Grilled Cheese Sandwiches w/Sweet Corn, Crisp Sweet Potato Fries, and Fresh Fruit Selection  Sunflower Butter w/^Crackers	<u>Cheese Grits</u>  Louisiana Style Red Beans w/Brown Rice, Vegetable Medley and Fruit Selection  ^Housemade Trail Mix
MARCH 23-27	Housemade Hash w/Peppers and Onions  ^ <u>Chicken Stroganoff</u> w/^Egg Noodles, Mixed Vegetables, and Mixed Berry Applesauce (V= ^ <u>Vegetable Stroganoff</u> )  Fresh Guacamole w/^Pita Chips	^ <u>Three Cheese Frittata</u>  ^Vegetable Fried Rice w/^Baked Egg Rolls, ^Stir Fry Vegetables, and Fresh Fruit Selection  <u>Applesauce-Yogurt Swirl</u>	^ <u>Cinnamon Toast</u>  Chicken Fajitas w/Peppers, Fiesta Rice, Sweet Corn, Fruit Selection, and ^ <u>Warm Tortillas</u> (V= ^ <u>Veggie Patty Fajitas</u> )  ^ <u>Celebration Chocolate-Zucchini Bread</u>	^ <u>Cereal Sundaes</u> w/Fresh Fruit  ^Black Bean Tacos w/ <u>Cheddar Sprinkles</u> , Sweet Corn and Fruit Selection  ^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u>	^ <u>Blueberry Crunch Bake</u>  <u>White Bean Chicken Chili</u> w/Steamed Rice, Garlic Green Beans, and Fruit Selection (V= <u>Vegetable White Bean Chili</u> )  ^Warm Soft Pretzels w/ <u>Cheddar Sauce</u>
MARCH 30-31	<u>Strawberry Mango Smoothie</u>  ^ <u>Chicken Alfredo Pasta</u> w/Broccoli, ^ <u>Warm Garlic Bread</u> , and Fruit Selection (V= ^ <u>Vegetable Alfredo</u> )  ^Pita Chips w/Hummus	^Sunbutter Toast w/Bananas  ^ <u>Broccoli &amp; Cheese Casserole</u> w/Roasted Brussel Sprouts, and Fruit Selection  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)

\*\*\*Fresh Fruit is often used as a substitute snack for those with allergies\*\*\*