

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

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