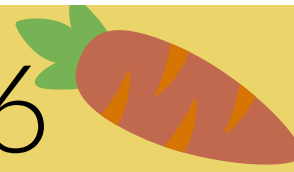




SEPTEMBER 26



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

SEPTEMBER 1-4

SEPTEMBER 7-11

SEPTEMBER 14-18

SEPTEMBER 21-25

SEPTEMBER 28-30

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Maple Baked Oatmeal

^^Four Cheese Ravioli
 w/Marinara Sauce, Broccoli,
 ^^Warm Garlic Bread, and
 Fruit Selection

Sunbutter w/^^Crackers

^^Veggie Quiche

^^Chicken & Wild Rice
 Casserole W/Garlic
 Green Beans and Fruit
 Selection (V= ^^Veggie
 Casserole)

Fresh Fruit w/Cheese

^^Cinnamon Toast

^^Chili Lime Fish Stick Tacos
 w/ Mango Salsa, Fiesta
 Rice, and Fruit Selection
 (V= ^^Black Bean Taco)

Roasted Corn Salsa
 w/^^Pita Chips

Cheese Grits

^^Chicken Stroganoff
 w/^^Egg Noodles, Green
 Peas, and Mixed Berry
 Applesauce
 (V= ^^Vegetable Stroganoff)

Watermelon Salad

Green Smoothie

^^Spinach and Kale Pesto
 Pasta w/Sweet Carrots,
 and Fruit Selection
 Selection

^^Warm Soft Pretzels
 w/Cheddar Sauce

^^Banana Maple Parfait

^^Marinara Meatballs
 w/Mashed Potatoes,
 Vegetable Medley, ^^Warm
 Rolls and Fruit Selection
 (V= ^^Marinara Veggie
 Meatballs)

Cheese w/^^Crackers

Housemade Hash
 w/Peppers and Onions

^^Grilled Cheese Sandwiches
 w/Green Peas, Crisp Sweet
 Potato Fries, and Fresh Fruit
 Selection

^^Housemade Trail Mix

^^Scrambled Eggs

^^Chicken Tortilla Casserole
 w/Green Beans and Fruit
 Selection (V= ^^Vegetable
 Tortilla Casserole)

Fresh Guacamole
 w/^^Pita Chips

^^Multigrain Cheerios
 w/Fresh Fruit

White Bean Chicken Chili
 w/Steamed Brown Rice,
 Garlic Green Beans, and Fruit
 Selection (V= Veggie White
 Bean Chili)

Roasted Corn Salsa
 w/^^Pita Chips

Strawberries and Cream
 Oatmeal

Ratatouille w/Steamed
 Brown Rice, ^^Warm Rolls,
 and Fruit Selection

^^Graham Crackers
 w/Bananas

^^Spinach+Cheese Frittata

Tikka Masala Chicken
 w/Caribbean Rice and
 Beans, Carrots, and Fruit
 Selection (V= Chickpea Tikka
 Masala)

Fresh Fruit Selection

^^Banana Bread

^^Black Bean Quesadillas
 w/Brown Rice, Sweet Corn,
 Peppers, and Fruit
 Selection.

Sunflower Butter
 w/^^Crackers

^^Blueberry Crunch Bake

^^Chicken Nuggets
 w/Mixed Vegetables,
 and Fruit Selection
 (V= ^^Veggie Nuggets)

Fresh Fruit w/Cheese

Cheese Grits

Hawaiian Chicken w/Brown
 Rice, Green Peas and Carrots
 and Fruit Selection
 (V= ^^Hawaiian Veggie
 Meatballs)

Fresh Bananas
 w/^^Graham Crackers

^^Avocado Toast

^^Spinach and Kale Pesto
 Pasta w/Sweet Carrots,
 ^^Warm Garlic Rolls and
 Fruit Selection

Fresh Fruit Selection

^^Scrambled Eggs w/Salsa

^^Barbecue Chicken
 w/Baked Beans, ^^Pasta
 Salad and Fruit Selection (V=
 ^^Barbecue Veggie Nuggets)

Watermelon Salad
 w/Mint and Lime

^^Cereal w/Fresh Fruits

^^Cheese Pizza w/Maple
 Glazed Brussels Sprouts and
 Fruit Selection

^^Pita Chips w/Hummus

^^Mini Bagels with Cream
 Cheese

^^Chicken Alfredo Pasta
 w/Broccoli, ^^Warm Garlic
 Bread, and Fruit Selection
 (V= ^^Veggie Alfredo)

Spiced Peaches w/Yogurt

Housemade Hash
 w/Peppers and Onions

^^Teriyaki Chicken w/Brown
 Rice, Stir Fry Vegetables,
 and Mixed Berry
 Applesauce (V= ^^Teriyaki
 Glazed Veggie Meatballs)

^^Homemade Berry Bread

^^Apple Crunch Bake

^^Pasta Primavera
 w/Broccoli and ^^Warm
 Garlic Rolls and Fresh Fruit
 Selection

Fresh Bananas
 w/^^Graham Crackers

Orange-Peach Smoothie

^^Chicken Fried Rice
 w/^^Baked Egg Rolls, ^^Stir
 Fry Vegetables, and Fresh
 Fruit Selection (V= ^^Veggie
 Fried Rice)

^^Celebration Chocolate-
 Zucchini Bread

ORGANIC OFFERINGS:

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

FRESH FRUIT OFFERINGS:

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