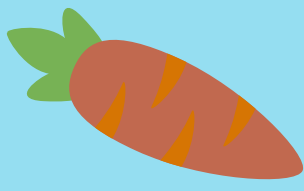


# MARCH

## THE SUZUKI SCHOOL MENU



**MENU CODING:**  
**V=Vegetarian Option**  
**\*= May Contain Eggs**  
**Underline=May Contain Dairy**  
**^= May Contain Wheat**



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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 1-3			<u>Cheese Grits</u>  ^ <u>Broccoli and Cheese Casserole</u> w/ Maple Glazed Carrots, Roasted Corn, & Fresh Fruit Selection  <u>Applesauce-Yogurt Swirl</u>	^Multigrain Cheerios w/ Fresh Fruit  Apricot Glazed Chicken w/ Brown Rice, Green Peas, ^ <u>Warm Pita Bread</u> , and Fresh Fruit Selection (V=Apricot Glazed Tofu)  Roasted Corn Salsa w/ ^Pita Chips	^ <u>Veggie Quiche</u>  *^ <u>Chicken Nuggets</u> w/ Peas and Carrots, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^ <u>Veggie Nuggets</u> )  ^Housemade Trail Mix
MARCH 6-10	^ <u>Warm Biscuits</u> w/ Jam  ^ <u>Cheesy Vegetable Chowder</u> w/ ^ <u>Warm Pita Bread</u> , Roasted Maple Brussels Sprouts and Fruit Selection  Hummus and ^Crackers	^ <u>Maple Apple Baked Oatmeal</u>  ^ <u>Veggie Spaghetti Pie</u> w/ Vegetable Medley and Fruit Selection  ^Pita Chips w/ <u>Housemade Spinach Dip</u>	<u>Orange-Mango Smoothie</u>  ^ <u>Four Cheese Ravioli</u> w/ Marinara Sauce, Sweet Corn, ^ <u>Warm Garlic Bread</u> , and Fruit Selection  Sunflower Butter w/ ^Crackers	^ <u>Spinach + Cheese Frittata</u>  ^ <u>Turkey Meatloaf</u> w/ Roasted Potatoes, Vegetable Medley and Fresh Fruit Selection (V=^ <u>Veggie Patty</u> )  ^ <u>Cheese Wraps</u>	^Multigrain Cheerios w/ Fresh Fruit  ^ <u>Veggie Tetrazzini</u> w/ <u>Spinach and Parmesan</u> , Carrots, and Fruit Selection  ^Monkey Munch Trail Mix w/ <u>Yogurt</u>
MARCH 13-17	^ <u>Blueberry Crunch Bake</u>  ^ <u>Grilled Cheese Sandwiches</u> w/ Green Peas, Crisp Sweet Potato Fries and Fruit Selection  ^ <u>Pumpkin Cheesecake Fluff</u> w/ Fresh Apple slices	^Sunflower Butter Toast w/ Fresh Bananas  ^Ground Turkey Taco w/ Saffron Rice, Sweet Corn + Peppers, Fruit Selection (V= ^Tofu Crumble Taco)  Roasted Corn Salsa w/ ^Pita Chips	<u>Pumpkin Spice Oatmeal</u>  Louisiana Style Red Beans w/ Brown Rice, Vegetable Medley, ^ <u>Housemade Cornbread</u> and Fruit Selection  ^ <u>Banana + Zucchini Bread</u>	<u>Cheese Grits</u>  ^ <u>Tofu and Wild Rice Casserole</u> w/ Sweet Carrots, and Fruit Selection  Fruit Salsa w/ ^ <u>Cinnamon Pita Bread</u>	<u>Green Smoothie</u>  ^ <u>Veggie Pot Pie</u> w/ Mixed Vegetables, Corn, and Baked Apples  ^ <u>Spinach Wraps</u> with Turkey
MARCH 20-24	^ <u>Cinnamon Toast</u>  ^ <u>Spinach and Kale Pesto Pasta</u> w/ Sweet Carrots, ^ <u>Warm Rolls</u> , & Fruit Selection  ^ <u>Warm Soft Pretzels</u> w/ <u>Cheddar Sauce</u>	<u>Strawberries and Cream Oatmeal</u>  <u>Fish Sticks</u> w/ Yellow Rice, Broccoli, & Fresh Fruit  <u>Housemade Oatmeal Raisin Bars</u>	Housemade Hash w/ Peppers and Onions  ^ <u>Cheese Quesadilla</u> w/ Black Beans, Green Beans, and Fruit Selection  Sunflower Butter w/ ^Crackers	<u>Yogurt</u> w/ Fresh Fruit  ^ <u>Veggie Lasagna</u> , Garlic Green Peas, ^ <u>Garlic Knots</u> and Fresh Fruit Selection  Fresh Bananas w/ ^Graham Crackers	^ <u>Cream Cheese Toast</u> w/ Fresh Fruit  Curry Chicken w/ Caribbean Rice and Beans, Carrots, and Fruit Selection (V= Meatless Curry)  ^Housemade Trail Mix
MARCH 27-31	^ <u>Scrambled Eggs</u> w/ Salsa  ^ <u>Macaroni and Three Cheese Pasta</u> w/ Maple Glazed Brussel Sprouts and Mixed Berry Applesauce  ^Graham Crackers w/ Applesauce	^Multigrain Cheerios w/ Fresh Fruit  Homestyle Chicken w/ Rosemary Potatoes, Green Beans, and Fruit Selection (V= ^ <u>Veggie Patty</u> )  ^Pita Chips w/ Hummus	^ <u>Cheese Toast</u>  ^ <u>Vegetable Fried Rice</u> w/ ^ <u>Baked Egg Rolls</u> , Stir Fry Vegetables, and Fresh Fruit Selection  ^ <u>Key Lime Celebration Cake</u>	<u>Grits</u> w/ Butter  ^ <u>Broccoli and Cheese Casserole</u> w/ Maple Glazed Carrots, Roasted Corn, & Fresh Fruit Selection  <u>Applesauce-Yogurt Swirl</u>	^ <u>Veggie Quiche</u>  *^ <u>Chicken Nuggets</u> w/ Peas and Carrots, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^ <u>Veggie Nuggets</u> )  ^Housemade Trail Mix

**ORGANIC OFFERINGS:**

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

**FRESH FRUIT OFFERINGS:**

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