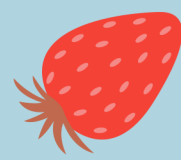
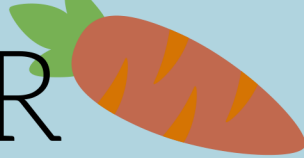




# SEPTEMBER



## 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  
SEPTEMBER 4-8  
SEPTEMBER 11-15  
SEPTEMBER 18-22  
SEPTEMBER 25-29

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 1					<u>^Veggie Quiche</u>
SEPTEMBER 4-8	<b>LABOR DAY!</b> <b>SCHOOL CLOSED</b>	<u>Grits w/Butter</u>  ^* <u>Turkey and Wild Rice Casserole</u> , Sweet Carrots and Fruit Selection (V= ^* <u>Tofu and Wild Rice Casserole</u> )  ^* <u>Pita Chips w/Housemade Spinach Dip</u>	<u>Orange-Mango Smoothie</u>  ^* <u>Four Cheese Ravioli w/Marinara Sauce</u> , Sweet corn, ^* <u>Warm Garlic Bread</u> , and Fruit Selection  ^Housemade Trail Mix	^Sunflower Butter Toast w/Fresh Bananas  ^* <u>Fish Sticks w/Housemade Tartar Sauce</u> , Yellow Rice, Broccoli, and Fruit Selection (V= ^* <u>Veggie Nuggets</u> )  <u>Applesauce-Yogurt Swirl</u>	^Housemade Trail Mix  ^* <u>Multigrain Cheerios w/Fresh Fruit</u>  ^* <u>Chicken Tetrazzini w/Spinach and Parmesan</u> , Carrots, and Fruit Selection (V= ^* <u>Veggie Tetrazzini</u> )  ^* <u>Pita Chips w/Hummus</u>
SEPTEMBER 11-15	^ <u>Blueberry Crunch Bake</u>  ^* <u>Grilled Cheese Sandwiches w/Green Peas</u> , Crisp Sweet Potato Fries and Fruit Selection  ^* <u>Turkey and Cheese wraps</u>	^Sunflower Butter Toast w/Fresh Bananas  ^Ground Turkey Taco w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V=^* <u>Tofu Crumble Taco</u> )  Roasted Corn Salsa w/^* <u>Pita Chips</u>	^ <u>Baked Cinnamon Apple Crumble</u>  ^* <u>Broccoli and Cheese Casserole w/Maple Glazed Carrots</u> , Roasted Corn, Fresh Fruit Selection  Watermelon Salad w/Mint and Lime	<u>Cheese Grits</u>  ^* <u>Taco Spaghetti Pie w/Vegetable Medley and Fruit Selection</u> (V= ^* <u>Veggie Spaghetti Pie</u> )  ^* <u>Banana and Zucchini Bread</u>	<u>Green Smoothie</u>  ^* <u>Chicken Pot Pie w/Mixed Vegetables</u> , Corn and Baked Apples (V= ^* <u>Veggie Pot Pie</u> )  Fresh Fruit w/ <u>Cheese</u>
SEPTEMBER 18-22	^* <u>Cinnamon Toast</u>  ^* <u>Spinach and Kale Pesto Pasta w/Sweet Carrots</u> , ^* <u>Warm Rolls</u> , Fruit Selection  ^* <u>Warm Soft Pretzels w/Cheddar Sauce</u>	<u>Strawberry and Cream Oatmeal</u>  ^* <u>Turkey Lasagne w/Garlic Green Beans and Fresh Fruit Selection</u> (V= ^* <u>Veggie Lasagne</u> )  Sunflower Butter w/Rice Cakes	Housemade Hash w/Peppers and Onions  ^* <u>Macaroni and Three Cheese Pasta w/Maple Glazed Brussel Sprouts and Mixed Berry Applesauce</u>  ^Housemade Trail Mix	<u>Yogurt w/Fresh Fruit</u>  Ground Turkey Sloppy Joes on ^* <u>Warm Rolls</u> , Green Beans, and Fresh Fruit Selection (V=^* <u>Tofu Crumble Sloppy Joe</u> )  Fresh Bananas w/^* <u>Graham Crackers</u>	^* <u>Cream Cheese Toast w/Fresh Fruit</u>  Curry Chicken w/Caribbean Rice and Beans, Carrots, and Fruit Selection (V= Meatless Curry)  Fresh Fruit Selection
SEPTEMBER 25-29	* <u>Scrambled Eggs w/Cheese</u>  ^* <u>Turkey Stroganoff with Egg noodles</u> , Green Peas and Fruit Selection (V= ^* <u>Meatless Stroganoff</u> )  ^* <u>Graham Crackers w/Mixed Berry Applesauce</u>	^* <u>Multigrain Cheerios w/Fresh Fruit</u>  Chicken Fajitas w/Peppers, Fiesta Rice, Sweet Corn, Fruit Selection, and ^* <u>Warm Tortillas</u> (V= Veggie Patty)  ^* <u>Pita Chips w/Hummus</u>	^* <u>Cinnamon Toast</u>  Vegetable Fried Rice w/^* <u>Baked Egg Rolls</u> , Stir Fry Vegetables, and Fresh Fruit Selection  ^* <u>Celebration Cake Pumpkin Spice</u>	<u>Blueberry-Pineapple Smoothie</u>  Barbecue Chicken w/Broccoli, ^* <u>Warm Rolls</u> , and Fruit Selection (V= Meatless Barbecue Chicken)  ^* <u>Warm Soft Pretzels w/Cheddar Sauce</u>	<u>Cheese Grits</u>  Hawaiian Chicken w/Brown Rice, Green Peas and Fruit Selection (V= Meatless Hawaiian Chicken)  ^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)