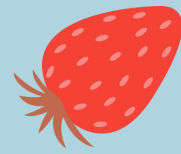




# SEPTEMBER



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