



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 2-6	LABOR DAY! SCHOOL CLOSED	<u>Blueberry-Pineapple Smoothie</u> ^^ <u>Four Cheese Ravioli</u> w/Marinara Sauce, Broccoli, ^^ <u>Warm Garlic Bread</u> , and Fruit Selection <u>Cheese</u> w/^^Crackers	^Multigrain Cheerios w/Fresh Fruit ^Barbecue Chicken w/Broccoli, ^^ <u>Warm Rolls</u> , and Fruit Selection (V= ^Meatless Barbecue Chicken) Fresh Fruit Selection	^Avocado Toast ^^ <u>Veggie Lasagna</u> w/Garlic Green Beans and Fresh Fruit Selection ^^ <u>Pita Chips</u> w/Hummus	^^ <u>Warm Biscuits</u> w/Jam ^^Chicken Lo Mein w/mixed Vegetables and Fruit Selection (V= <u>Meatless Curry</u>) ^Housemade Trail Mix
SEPTEMBER 9-13	^^ <u>Blueberry Crunch Bake</u> ^^ <u>Chicken Nuggets</u> w/Peas and Carrots, ^^ <u>Warm Rolls</u> , and Fruit Selection (V= ^^ <u>Veggie Nuggets</u>) Fresh Bananas w/^^Graham Crackers	Housemade Hash w/Peppers and Onions ^^Chicken Spaghetti w/Sweet Corn and Fruit Selection (V= ^^ <u>Veggie Spaghetti Pie</u>) ^^ <u>Pita Chips</u> w/ Hummus	^Yogurt w/Fresh Fruit ^^ <u>Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussel Sprouts and Mixed Berry Applesauce Sunflower Butter w/^^Crackers	Maple Brown Sugar Oatmeal ^Ground Chicken Sloppy Joes on ^^ <u>Warm Rolls</u> , Green Beans, and Fresh Fruit Selection (V= ^Tofu Crumble Sloppy Joe) <u>Applesauce-Yogurt Swirl</u>	^Multigrain Cheerios w/Fresh Fruit ^^ <u>Veggie Tetrazzini</u> w/Spinach and <u>Parmesan</u> , Carrots, and Fresh Fruit Selection Watermelon Salad w/Mint and Lime
SEPTEMBER 16-20	^^ <u>Apple Crunch Bake</u> ^^ <u>Pasta Primavera</u> w/Broccoli and ^^ <u>Warm Garlic Rolls</u> and Fresh Fruit Selection Fresh Bananas w/^^Graham Crackers	<u>Cheese Grits</u> ^Ground Chicken Taco w/Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V= Tofu Crumble Taco) Sunflower Butter w/^^Crackers	^Yogurt w/Fresh Fruit ^^ <u>Broccoli and Cheese Casserole</u> w/Maple Glazed Carrots and Fresh Fruit Selection Fresh Guacamole w/^^ <u>Pita Chips</u>	^^ <u>Cinnamon Toast</u> ^^ <u>Veggie Lasagna</u> w/Garlic Green Beans and Fresh Fruit Selection (V= ^^ <u>Veggie Lasagna</u>) ^Housemade Trail Mix	<u>Orange-Peach Smoothie</u> Vegetable Fried Rice w/^^Baked Egg Rolls, Stir Fry Vegetables, and Fresh Fruit Selection Watermelon Salad w/Mint and Lime
SEPTEMBER 23-27	Housemade Hash w/Peppers and Onions ^Teriyaki Chicken w/Brown Rice, Stir Fry Vegetables, and Mixed Berry Applesauce (V= ^Meatless Teriyaki Chicken) ^^ <u>Homemade Berry Bread</u>	<u>Pineapple-Banana Smoothie</u> ^^ <u>Spinach and Kale Pesto Pasta</u> w/Sweet Carrots, ^^ <u>Warm Rolls</u> , Fruit Selection ^^ <u>Pita Chips</u> w/^^ <u>Housemade Spinach Dip</u>	<u>Grits</u> w/Butter ^^ <u>Grilled Cheese Sandwiches</u> w/ Green Peas and Fresh Fruit Selection Apple Slices w/^^ <u>Yogurt Dip</u>	^^ <u>Cinnamon Toast</u> ^^ <u>Veggie Alfredo Pasta</u> w/Broccoli, ^^ <u>Warm Garlic Bread</u> , and Fruit Selection (V= ^^ <u>Veggie Alfredo</u>) Fresh Bananas w/^^Graham Crackers	*Scrambled Eggs w/Cheese and Salsa ^Barbecue Chicken w/Baked Beans, ^^ <u>Pasta Salad</u> and Fruit Selection (V= ^Meatless Barbecue Chicken) Fresh Fruit Selection
SEPTEMBER 30	^^ <u>Blueberry Crunch Bake</u> ^^ <u>Meatless Stroganoff</u> w/^^Egg Noodles, Green Beans, and Mixed Berry Applesauce <u>Cheese</u> w/^^Crackers	Housemade Hash w/Peppers and Onions ^^Fish Sticks w/Yellow Rice, Broccoli, and Fresh Fruit Selection (V= ^^ <u>Veggie Nuggets</u>) Fresh Fruit Selection	^^ <u>Cheese Toast</u> ^^ <u>Spinach-Artichoke Pasta</u> w/Maple Glazed Carrots, ^^ <u>Warm Pita Bread</u> , and Fruit Selection ^^ <u>Celebration Key Lime Cake</u>	<u>Blueberries and Cream Oatmeal</u> <u>Curry Chicken</u> w/Caribbean Rice and Beans, Carrots, and Fruit Selection (V= <u>Meatless Curry</u>) Fresh Bananas w/^^Graham Crackers	^^ <u>Homemade Banana Bread</u> ^^ <u>Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussel Sprouts and Fresh Fruit ^Monkey Munch Trail Mix w/^^ <u>Yogurt</u>

ORGANIC OFFERINGS:

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

FRESH FRUIT OFFERINGS:

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