

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

**ORGANIC OFFERINGS:**

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

**FRESH FRUIT OFFERINGS:**

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