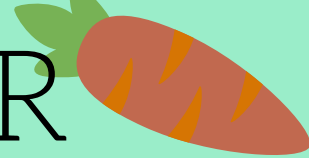




# SEPTEMBER



## 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	<b>LABOR DAY!</b> <b>SCHOOL CLOSED</b>	<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>Chicken Lasagna</u> w/Garlic Green Beans and Fresh Fruit Selection (V= ^ <u>Veggie Lasagna</u> )  ^ <u>Pita Chips</u> w/Hummus	^ <u>Warm Biscuits</u> w/Jam  ^ <u>Chicken Lo Mein</u> 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  ^ <u>Chicken Spaghetti</u> w/Sweet Corn and Fruit Selection (V= ^ <u>Veggie Spaghetti Pie</u> )  ^ <u>Pita Chips</u> w/ Hummus	<u>Yogurt</u> w/Fresh Fruit  ^ <u>Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussel Sprouts and Mixed Berry Applesauce  Sunflower Butter w/^Crackers	<u>Maple Brown Sugar Oatmeal</u>  ^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>Chicken Tetrazzini</u> w/Spinach and <u>Parmesan</u> , Carrots, and Fresh Fruit Selection (V= ^ <u>Veggie Tetrazzini</u> )  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/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/Peppers, Fruit Selection (V= Tofu Crumble Taco)  Sunflower Butter w/^Crackers	<u>Yogurt</u> 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>Chicken 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  ^ <u>Teriyaki Chicken</u> 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/ <u>Butter</u>  ^ <u>Grilled Cheese Sandwiches</u> w/ Green Peas and Fresh Fruit Selection  Apple Slices w/ <u>Yogurt Dip</u>	^ <u>Cinnamon Toast</u>  ^ <u>Chicken 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/ <u>Cheese</u> and Salsa  ^ <u>Barbecue Chicken</u> 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>Chicken Stroganoff</u> w/^Egg Noodles, Green Beans, and Mixed Berry Applesauce (V= ^ <u>Meatless Stroganoff</u> )  <u>Cheese</u> w/^Crackers				

### ORGANIC OFFERINGS:

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

### FRESH FRUIT OFFERINGS:

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