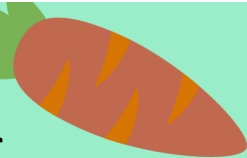


# SEPTEMBER



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