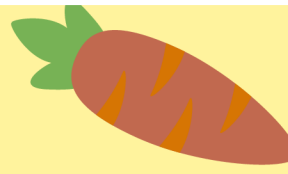




FEBRUARY



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 |
|------------------|---|---|--|---|---|
| FEBRUARY 3 - 7 | ^Sunflower Butter Toast w/Fresh Bananas ^Barbecue Chicken w/Baked Beans, ^ <u>Pasta Salad</u> and Fruit Selection (V= ^Meatless Barbecue Chicken) Fresh Fruit Selection | Housemade Hash w/Peppers and Onions ^ <u>Broccoli and Cheese Casserole</u> w/Maple Glazed Carrots and Fresh Fruit Selection Apple Slices w/ <u>Yogurt Dip</u> | <u>Maple Brown Sugar Oatmeal</u> ^ <u>Vegetable Pot Pie</u> w/Mixed Veggies, Green Beans and Baked Apples Fresh Fruit | ^ <u>Apple Crunch Bake</u> ^ <u>Macaroni and Three Cheese Pasta</u> w/Maple Glazed Brussels Sprouts and Mixed Berry Applesauce Sunflower Butter w/^Crackers | <u>Blueberry-Pineapple Smoothie</u> ^Orange Chicken w/Brown Rice, Stir Fry Vegetables, and Fruit Selection (V= ^Vegetable Orange "Chicken") <u>Cheese</u> w/^Crackers |
| FEBRUARY 10 - 14 | <u>Orange-Mango Smoothie</u> ^ <u>Chicken Nuggets</u> w/Peas and Carrots, ^ <u>Warm Rolls</u> , and Fruit Selection (V= ^ <u>Veggie Nuggets</u>) ^ <u>Homemade Berry Bread</u> | ^Multigrain Cheerios w/Fresh Fruit Spanish Style Black Beans w/Yellow Rice, Plantains, Green Beans, and Fruit Selection ^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u> | ^ <u>Warm Biscuits</u> w/^ <u>White Gravy</u> <u>Chickpea Curry</u> w/Caribbean Rice and Beans, Carrots, and Fruit Selection <u>Cheese</u> w/^Crackers | Housemade Hash w/Peppers and Onions ^ <u>Grilled Cheese Sandwiches</u> w/Green Peas, ^ <u>Pasta Salad</u> and Fresh Fruit Selection Baked Spiced Apples w/ <u>Yogurt</u> | <u>Yogurt</u> w/Fresh Fruit ^Mixed Vegetable Lo Mein w/Fruit Selection (V= ^Vegetable Lo Mein) ^Housemade Trail Mix |
| FEBRUARY 17 - 21 | ^ <u>Three Cheese Frittata</u> ^Vegetable Fried Rice w/^Baked Egg Rolls, Stir Fry Vegetables, and Fresh Fruit Selection ^ <u>Pita Chips</u> w/Hummus | Housemade Hash w/Peppers and Onions ^Black Bean Taco w/ <u>Cheddar Sprinkles</u> , Saffron Rice, Sweet Corn w/Peppers, Fruit Selection Sunflower Butter w/^Crackers | <u>Yogurt</u> w/Fresh Fruit ^ <u>Fish Sticks</u> w/Broccoli, and Fresh Fruit Selection (V= ^ <u>Veggie Nuggets</u>) Fresh Guacamole w/^ <u>Pita Chips</u> | <u>Maple Pumpkin Spice Oatmeal</u> ^Homestyle Chicken w/Rosemary Potatoes, Green Beans, and Fruit Selection (V= ^ <u>Veggie Patty</u>) ^Graham Crackers w/ <u>Housemade Cream Cheese Dip</u> | ^ <u>Cheese Toast</u> ^ <u>Pasta Primavera</u> w/Broccoli and ^ <u>Warm Garlic Rolls</u> and Fresh Fruit Selection Fresh Fruit w/ <u>Cheese</u> |
| FEBRUARY 24 - 28 | Housemade Hash w/Peppers and Onions Lemon-Herb Baked Chicken w/Brown Rice, Broccoli and Fresh Fruit Selection (V= ^ <u>Veggie Patty</u>) ^Warm Soft Pretzels w/ <u>Cheddar Sauce</u> | <u>Pineapple-Banana Smoothie</u> Vegetable White Bean Chili w/Steamed Rice, Garlic Green Beans, and Fruit Selection ^ <u>Pita Chips</u> w/Fruit Salsa | ^ <u>Cinnamon Toast</u> ^ <u>Vegetable and Wild Rice Casserole</u> w/Peas and Carrots and Fruit Selection ^ <u>Pizza Party</u> | <u>Cheese Grits</u> Louisiana Style Red Beans w/Brown Rice, Vegetable Medley and Fruit Selection Fresh Bananas w/^Graham Crackers | ^ <u>Homemade Banana Bread</u> ^Spaghetti w/Green Peas and Fruit Selection Fresh Fruit Selection |

ORGANIC OFFERINGS:

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

FRESH FRUIT OFFERINGS:

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