



The Shyne School Menu #3 April 10th-21st, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	String Cheese Triscuits Water	Raisin Bread Milk Water	Bear Mix Milk Water	Baked Treat Milk Water
LUNCH 12:00PM	Vegetable Frittata Oranges Smiles Milk	Macaroni and Cheese Spinach Salad Pears Milk	Build A Sub Fresh Fruit/Vegetables Milk	Taco Salad Peaches Milk	Cajun Beans and Rice Banana Halves Milk
PM SNACK 2:30PM	Soft Pretzels w/marinara Milk/Water	Apple Slices Toasted Chick Peas Water	Baked Treat Milk Water	Veggies w/spinach dip Water	Pretzels Bean Dip Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/blueberries Water	Cheese Cubes Whole Wheat Crackers Water	Bagels w/cream cheese Water	Whole Wheat Cereal Cups Milk Water	Baked Treat Milk Water
LUNCH 12:00PM	Sloppy Joes Green Beans Orange Smiles Milk	Teriyaki Chicken w/rice Broccoli Pineapple Milk	Tuna Sandwiches Fresh Fruit/Vegetables Pickles Milk	Summer Pasta Salad Garlic Toast Seasonal Fruit Milk	Breakfast Muffins Sweet Peppers Fruit Medley Milk
PM SNACK 2:30PM	Cinnamon Pita Milk Water	Applesauce Graham Crackers Milk Water	Baked Treat Milk Water	Veggies w/dip Water	Salty Seed Mix Swamp Juice Water

Breakfast and snacks include two of the four food groups. Breakfast is served at 7:30. Lunch consists of all four food groups (grain, protein, fruit/vegetable, and dairy). Menus are rotated on a six week basis. Each week contains a vegetarian meal. We work hard to limit lunches to no more than one processed food item for lunch per week. Most meal items are made from scratch with whole grains and fresh fruits and vegetables. The Shyne School does not serve tree nuts.