



The Shyne School Menu #2 July 31st-August 11th, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	String Cheese Whole Wheat Crackers Water	Bagels w/cream cheese Water	Whole Wheat Cereal Cups Milk Water	Baked Treat Milk Water
LUNCH 12:00PM	Stroganoff Peas Orange Smiles Milk	Pot Stickers Roasted Broccoli Mandarins Milk	Egg Salad Sandwiches Pickles Carrots/Apples Milk	Hawaiian Pasta Salad Tomatoes & Cucumbers Milk	Bean and Cheese Burritos Fresh Veggies Banana Halves Milk
PM SNACK 2:30PM	Parmesan Pita Bread Water	Applesauce Graham Crackers Milk/Water	Baked Treat Milk Water	Veggies w/garden dip Water	Salty Seed Mix Swamp Juice Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/blueberries	Hard Boiled Eggs Whole Wheat Crackers Water	Fresh Fruit Thinwich Milk/Water	Trail Mix Milk Water	Muffins Milk Water
LUNCH 12:00PM	Ravioli Mixed Vegetables Orange Smiles Milk	Quinoa Pilaf Green Beans Pineapple Milk	Turkey Pinwheels Fresh Fruit/Veggies Milk	Chicken Strip Salad w/honey mustard dressing Seasonal Fruit Milk	Beans and Weenies Seasonal Fruit Milk
PM SNACK 2:30PM	Cheesy Muffins Water	Apple Dippers Water	Baked Treat Milk Water	Veggies w/hummus Water	Popcorn Smoothie 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.