



The Shyne School Menu #1 September 10th-21st, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	Hard Boiled Eggs Wheat Crackers Water	Fresh Fruit Thinwich Milk/Water	Trail Mix Milk Water	Applesauce Grahams Water
LUNCH 12:00PM	Spaghetti Green Salad Orange Smiles Milk	Taco Tuesday Fresh Fruit Milk	Soy Butter and Jam Sandwiches Fresh Fruit/Veggies Milk	Hawaiian Pasta Salad Tomatoes & Cucumbers Milk	Quesadillas Fresh Vegetables Seasonal Fruit Milk
PM SNACK 2:30PM	Cheesy Muffins Water	Apple Dippers Water	String Cheese Wheat Crackers Water	Veggies w/hummus Water	Popcorn Smoothie Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/blueberries Water	Cheese Cubes Whole Wheat Crackers Water	Raisin Bread Milk Water	Bear Mix Water	Apple Dippers Water
LUNCH 12:00PM	Stroganoff Spinach and Carrot Salad Orange Smiles Milk	Pizza Muffins Fresh Carrots Fresh Fruit Milk	Cheese Sandwiches Olives Fresh Fruit/veggies Milk	Chicken Strip Salad Seasonal Fruit Milk	Vegetarian Lime Orzo Banana Halves Milk
PM SNACK 2:30PM	Soft Pretzels w/marinara Water/Milk	Apple Slices Soy Butter Water	Hard Boiled Eggs Triscuits Water	Veggies w/spinach dip Water	Crackers w/cream cheese Carrot Sticks 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.