****

**The Shyne School Menu #2**

**September 24th-October 5th, 2018**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **AM SNACK**  **9:30AM** | **Yogurt**  **w/granola**  **Water** | **String Cheese**  **Whole Wheat Crackers**  **Water** | **Bagels**  **W/cream cheese** | **Whole Wheat Cereal Cups**  **Milk**  **Water** | **Apple Slices**  **w/soy butter**  **Water** |
| **LUNCH**  **12:00PM** | **Pizza Pasta**  **Tossed Salad**  **Orange Smiles**  **Milk** | **Pot Stickers**  **Roasted Broccoli**  **Mandarins**  **Milk** | **Egg Salad Sandwiches**  **Pickles**  **Carrots/Apples**  **Milk** | **Sausage N Egg Scramble**  **Sweet Peppers**  **Fresh Fruit**  **Milk** | **Bean and Cheese Burritos**  **Fresh Veggies**  **Banana Halves**  **Milk** |
| **PM SNACK**  **2:30PM** | **Parmesan Pita Bread**  **Water** | **Applesauce**  **Graham Crackers**  **Milk/Water** | **Cheese Cubes**  **Whole Wheat Crackers**  **Water** | **Veggies**  **w/garden dip**  **Water** | **Salty Seed Mix**  **Swamp Juice**  **Water** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **AM SNACK**  **9:30AM** | **Yogurt**  **w/blueberries**  **Water** | **Hard Boiled Eggs**  **Whole Wheat Crackers**  **Water** | **Fresh Fruit**  **Thinwich**  **Milk/Water** | **Trail Mix**  **Milk**  **Water** | **Applesauce**  **Grahams**  **Water** |
| **LUNCH**  **12:00PM** | **Ravioli**  **Mixed Vegetables**  **Orange Smiles**  **Milk** | **Quinoa Pilaf**  **Green Beans**  **Pineapple**  **Milk** | **Turkey Pinwheels**  **Fresh Fruit/Veggies**  **Milk** | **Taco Salad**  **Seasonal Fruit**  **Milk** | **Beanies and Weanies**  **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** |

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.