



The Shyne School Menu #2 October 8th-19th, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/ blueberries Water	String Cheese Crackers Water	Raisin Bread Milk Water	Whole Wheat Cereal Mix Milk/Water	Apple Dippers Water
LUNCH 12:00PM	Stroganoff Mixed Vegetables Seasonal Fruit Milk	Pizza Muffins Grape Tomatoes Seasonal Fruit Milk	Dinosaur Soup (Kale Soup) Bread N Butter Apple Slices Milk	Pot Stickers Broccoli Pineapple Milk	Bean and Cheese Burritos Fresh Vegetables Banana Halves Milk
PM SNACK 2:30PM	Parmesan Pita Bread Water	Applesauce Graham Crackers Water	Baked Treat Milk Water	Veggies w/hummus Water	Salty Seed Mix Apple Juice Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/ granola Water	Hard Boiled Eggs Whole Grain Crackers Water	Fruit Thinwich Water	Trail Mix Milk Water	Applesauce Graham Crackers Water
LUNCH 12:00PM	Tuna Casserole Peas Peaches Milk	Quinoa Green Beans Mandarins Milk	Vegetable Soup Bread N Butter Orange Smiles Milk	Baked Ziti Mixed Vegetables Pineapple Milk	Beans and Weenies Seasonal Fruit Milk
PM SNACK 2:30PM	Soft Pretzels w/marinara Water	Apple Dippers Water	String Cheese Crackers Water	Veggies w/garden dip Water	Popcorn 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.