

**The Shyne School Menu #2**

**November 19th-30th, 2018**

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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **AM SNACK**  **9:30AM** | **Yogurt**  **w/ granola**  **Water** | **String Cheese**  **Crackers**  **Water** | **Raisin Bread**  **Milk**  **Water** | **closed** | **closed** |
| **LUNCH**  **12:00PM** | **Stroganoff**  **Mixed Vegetables**  **Pears**  **Milk** | **Pizza Muffins**  **Grape Tomatoes**  **Orange Smiles**  **Milk** | **Pot Stickers**  **Broccoli**  **Pineapple**  **Milk** | **Happy**  **Thanksgiving!** | **Happy Leftovers Day ☺** |
| **PM SNACK**  **2:30PM** | **Parmesan Pita Bread**  **Water** | **Applesauce**  **Graham Crackers**  **Water** | **Baked Treat**  **Milk**  **Water** | **closed** | **closed** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **AM SNACK**  **9:30AM** | **Yogurt**  **w/ blueberries**  **Water** | **Hard Boiled Eggs**  **Whole Grain Crackers**  **Water** | **Fruit**  **Thinwich**  **Water** | **Trail Mix**  **Milk**  **Water** | **Muffins**  **Milk**  **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**  **Banana Halves**  **Milk** |
| **PM SNACK**  **2:30PM** | **Soft Pretzels**  **w/marinara**  **Water** | **Apple Dippers**  **Water** | **Baked Treat**  **Milk**  **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.