



The Shyne School Menu #1 November 5th-16th, 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	Hard Boiled Eggs Wheat Crackers Water	Thinwich Fruit Water	Trail Mix Water	Muffins Milk
LUNCH 12:00PM	Vegetable Frittata Orange Smiles Milk	Sesame Soba Noodles Pineapple Milk	SW Chicken Soup Seasonal Fruit Milk	Pizza Pasta Green Beans Peaches Milk	Ham and Beans Bread N Butter Banana Halves Milk
PM SNACK 2:30PM	Soft Pretzels w/marinara Milk/Water	Apple Dippers Water	Baked Treat Milk Water	Veggies w/dip Water	Popcorn Smoothie Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Vanilla Yogurt w/ blueberries Water	Cheese Cubes Whole Wheat Crackers Water	Bagels w/cream cheese Water	Bear Mix Water	Muffins Milk Water
LUNCH 12:00PM	Spaghetti Peas Oranges Smiles Milk	Tator Tot Casserole Green Beans Pears Milk	Minestrone Garlic Toast Fresh Fruit Milk	Quesadilla Cucumber Medallions Seasonal Fruit Milk	Black Bean Soup Corn Bread Banana Halves Milk
PM SNACK 2:30PM	Cheesy Muffins Water	Apple Slices Toasted Chick Peas Water	Baked Treat Milk Water	Veggies w/dip Water	Crackers w/cream cheese 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.