



The Shyne School Menu #3 January 14th-25th, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/ granola Water	Cheese Cubes Whole Wheat Crackers Water	Bagels w/cream cheese Water	Bear Mix Water	Muffins Milk Water
LUNCH 12:00PM	Vegetarian Lime Orzo Orange Smiles Milk	Spinach Pesto Pasta w/shrimp Fruit Salad Milk	Tomato Soup Grilled Cheese Apple Slices Milk	Taco Salad Pears Milk	Ravioli Peas Pineapple Milk
PM SNACK 2:30PM	Cheesy Muffins Water	Apple Slices Soy Butter Water	Baked Treat Milk Water	Veggies w/dip Water	Crackers w/cream cheese Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/ blueberries Water	String Cheese Whole Wheat Crackers Water	Raisin Bread Milk Water	Whole Wheat Cereal Cups Milk Water	Muffins Milk Water
LUNCH 12:00PM	Mac and Cheese Spinach Salad Orange Smiles Milk	Sloppy Joes Green Beans Peaches Milk	Clam Chowder Oyster Crackers Fresh Fruit and Veggies Milk	Teriyaki Chicken w/brown rice Roasted Broccoli Pineapple Milk	Cajun Beans and Rice Banana Halves Milk
PM SNACK 2:30PM	Cinnamon Pita Milk Water	Applesauce Graham Crackers Water	Baked Treat Milk Water	Veggies w/dip Water	Salty Seed Mix 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.