



The Shyne School Menu #3 April 8th -19th, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	Cheese Cubes Triscuits Water	Bagels w/cream cheese Water	Bear Mix Milk Water	Apple Dippers Water
LUNCH 12:00PM	Mac N Cheese Mixed Vegetables Orange Smiles Milk	Taco Tuesday Fresh Fruit and Vegetables Milk	Build A Sub Fresh Fruit/Vegetables Milk	Spinach Pesto Pasta Fresh Fruit Milk	Cajun Beans and Rice Banana Halves Milk
PM SNACK 2:30PM	Cinnamon Pita Milk/Water	Apple Slices w/soy butter Water	Hard Boiled Eggs Wheat Crackers Water	Veggies w/spinach 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	Apple Slice w/soy butter Water
LUNCH 12:00PM	Ravioli Green Beans Orange Smiles Milk	Teriyaki Chicken w/rice Broccoli Pineapple Milk	Tuna Sandwiches Fresh Fruit/Vegetables Pickles Milk	Summer Pasta Salad Garlic Toast Seasonal Fruit Milk	Black Beans and Rice Seasonal Fruit Milk
PM SNACK 2:30PM	Cheesy Muffins Water	Applesauce Graham Crackers Milk Water	Cheese Cubes Triscuits Water	Veggies w/garden 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.