



The Shyne School Menu #1 June 3rd-14th, 2019

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------|---|---|---|---|---|
| AM SNACK 9:30AM | Yogurt w/granola Water | Hard Boiled Eggs Wheat Crackers Water | Fresh Fruit Thinwich Milk/Water | Trail Mix Milk Water | Applesauce Grahams Water |
| LUNCH 12:00PM | Pizza Pasta Salad Orange Smiles Milk | Sesame Soba Pineapple Milk | Soy Butter and Jam Sandwiches Fresh Fruit/Veggies Milk | Chicken Strip Salad Seasonal Fruit Milk | Quesadillas Fresh Vegetables Seasonal Fruit Milk |
| PM SNACK 2:30PM | Soft Pretzels w/marinara Water/Milk | Apple Dippers Water | String Cheese Wheat Crackers Water | Veggies w/hummus Water | Popcorn Smoothie Water |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM SNACK 9:30AM | Yogurt w/blueberries Water | Cheese Cubes Whole Wheat Crackers Water | Bagels w/cream cheese Water | Bear Mix Water | Apple Dippers Water |
| LUNCH 12:00PM | Spaghetti Green Salad Orange Smiles Milk | Frittata Fresh Fruit Milk | Cheese Sandwiches Olives Fresh Fruit/veggies Milk | Taco Salad Mandarins Milk | Vegetarian Lime Orzo Banana Halves Milk |
| PM SNACK 2:30PM | Cinnamon Pita Milk Water | Apple Slices Soy Butter Water | Hard Boiled Eggs Triscuits Water | Veggies w/spinach dip Water | Crackers w/cream cheese Carrot Sticks 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.