



# The Shyne School Menu #1

## July 15<sup>th</sup>-26<sup>th</sup>, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK 9:30AM</b>	Yogurt w/granola Water	Hard Boiled Eggs Wheat Crackers Water	Fresh Fruit Thinwich Milk/Water	Trail Mix Milk Water	Applesauce Grahams Water
<b>LUNCH 12:00PM</b>	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
<b>PM SNACK 2:30PM</b>	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
<b>AM SNACK 9:30AM</b>	Yogurt w/blueberries Water	Cheese Cubes Whole Wheat Crackers Water	Bagels w/cream cheese Water	Bear Mix Water	Apple Dippers Water
<b>LUNCH 12:00PM</b>	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
<b>PM SNACK 2:30PM</b>	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.