



## The Shyne School Menu #2 July 29<sup>th</sup>-August 9<sup>th</sup>, 2019

=plant based meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK 9:30AM</b>	Yogurt w/granola Water	String Cheese Whole Wheat Crackers Water	Raisin Bread Milk Water	Whole Wheat Cereal Cups Milk Water	Apple Slices w/soy butter Water
<b>LUNCH 12:00PM</b>	Stroganoff Mixed Vegetables Orange Smiles Milk	Pot Stickers Roasted Broccoli Mandarins Milk	Egg Salad Sandwiches Pickles Carrots/Apples Milk	Hawaiian Pasta Salad Fresh Veggies Milk	Bean and Cheese Burritos Fresh Veggies Banana Halves Milk
<b>PM SNACK 2:30PM</b>	Cheesy Muffins Water	Applesauce Graham Crackers Milk/Water	Cheese Cubes Whole Wheat Crackers Water	Veggies w/garden dip Water	Salty Seed Mix Swamp Juice Water
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK 9:30AM</b>	Yogurt w/blueberries Water	Hard Boiled Eggs Whole Wheat Crackers Water	Fresh Fruit Thinwich Milk/Water	Trail Mix Milk Water	Applesauce Grahams Water
<b>LUNCH 12:00PM</b>	Tuna Casserole Peas Orange Smiles Milk	Sloppy Joes Salad Tropical Fruit Milk	Turkey Pinwheels Fresh Fruit/Veggies Milk	Quinoa Pilaf Green Beans Pineapple Milk	Beanies and Weanies Banana Halves Milk
<b>PM SNACK 2:30PM</b>	Soft Pretzels w/marinara Water	Apple Dippers Water	String Cheese Wheat Crackers Water	Veggies w/hummus Water	Popcorn 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.(Please let the office know if your child requires a vegetarian or other special diet substitution) 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.