



The Shyne School Menu #1 August 26th-September 6th, 2019

=plant based meal served/offered
 =vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	Hard Boiled Eggs Wheat Crackers Water	Popcorn Juice Water	closed	Applesauce Grahams Water
LUNCH 12:00PM	Pizza Pasta Salad Orange Smiles Milk	Chicken Strip Salad Fresh Fruit Milk	END OF SUMMER PARTY AND FEAST!	Teacher Work Day	Quesadillas Fresh Vegetables Seasonal Fruit Milk
PM SNACK 2:30PM	Soft Pretzels w/marinara Water/Milk	Apple Dippers Water	String Cheese Wheat Crackers Water	closed	Crackers w/cream cheese Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	closed	Cheese Cubes Whole Wheat Crackers Water	Bagels w/cream cheese Water	Bear Mix Water	Apple Dippers Water
LUNCH 12:00PM	HAPPY LABOR DAY!	Spaghetti Green Salad Orange Smiles Milk	Cheese Sandwiches Olives Fresh Fruit/veggies Milk	Taco Salad Mandarins Milk	Vegetarian Lime Orzo Banana Halves Milk
PM SNACK 2:30PM	closed	Apple Slices Soy Butter Water	Hard Boiled Eggs Triscuits Water	Veggies w/spinach dip Water	Popcorn Smoothie 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.