



The Shyne School Menu #2 October 21st -November 1st, 2019

=plant based meal served/offered
 =vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	String Cheese Crackers Water	Whole Wheat Cereal Mix Milk/Water	Raisin Bread Milk Water	Muffins Milk Water
LUNCH 12:00PM	Stroganoff Mixed Vegetables Orange Smiles Milk	Pizza Muffins Grape Tomatoes Mandarins Milk 	Vegetable Soup Bread N Butter Apple Slices Milk 	Pot Stickers Broccoli Pineapple Milk 	Bean and Cheese Burritos Fresh Veggies Banana Halves Milk
PM SNACK 2:30PM	Parmesan Pita Bread Water	Applesauce Graham Crackers Water	Baked Treat Milk Water	Veggies w/hummus Water	Salty Seed Mix Apple Juice Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/ blueberries Water	Hard Boiled Eggs Whole Grain Crackers Water	Fruit Thinwich Water	Trail Mix Milk Water	Popcorn Hot Cocoa Water
LUNCH 12:00PM	Tuna Casserole Peas Peaches Milk	Quinoa Green Beans Mandarins Milk 	Dinosaur Soup (Kale Soup) Bread N Butter Orange Smiles Milk 	Baked Ziti Mixed Vegetables Pineapple Milk 	Pumpkin Pancakes Veggie Sausage Applesauce Milk
PM SNACK 2:30PM	Soft Pretzels w/marinara Water	Apple Dippers Water	Baked Treat Milk Water	Veggies w/spinach dip Water	String Cheese Fruit Cup 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.