



**The Shyne School Menu #1
November 18th-29th, 2019**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	String Cheese Crackers Water	Fruit Thinwich Water	Trail Mix Milk/Water	Muffins Milk/Water
LUNCH 12:00PM	Sesame Soba Noodles Pineapple Milk	Pizza Pasta Green Beans Orange Smiles Milk	SW Chicken Soup Seasonal Fruit Milk	Quesadilla Cucumber Medallions Fresh Fruit Milk	Black Bean Soup Corn Bread Banana Halves Milk
PM SNACK 2:30PM	Parmesan Pita Bread Water	Apples Slices Soy Butter Water	Baked Treat Milk Water	Veggies w/dip Water	Popcorn Fruit Cups Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/blueberries Water	Hard Boiled Eggs Whole Grain Crackers Water	Bagels w/cream cheese Water	closed	closed
LUNCH 12:00PM	Stuffing Casserole Broccoli Oranges Milk	Spaghetti Green Beans Peaches Milk	Soy Butter N Jam Sandwiches Fresh Fruit/Veggies Milk	HAPPY THANKSGIVING!	Happy Leftovers 😊
PM SNACK 2:30PM	Soft Pretzels w/marinara Water	Applesauce Graham Crackers Water	Baked Treat Milk Water	closed	closed

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.