



# The Shyne School Menu #3

## November 4<sup>th</sup>-15<sup>th</sup>, 2019

=plant based meal served/offered  
 =vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> 9:30AM	Yogurt w/ granola Water	Cheese Cubes Whole Wheat Crackers Water	Bagels w/cream cheese Water	Bear Mix Water	Muffins Milk Water
<b>LUNCH</b> 12:00PM	Mac and Cheese Green Beans Orange Smiles Milk	Spinach Pesto Pasta w/shrimp Fruit Salad Milk	Tomato Soup Grilled Cheese Seasonal Fruit Milk	Taco Salad Pears Milk	Vegetarian Lime Orzo Mandarins Milk
<b>PM SNACK</b> 2:30PM	Cinnamon Pita Milk Water	Apple Slices Soy Butter Water	Baked Treat Milk Water	Veggies w/dip Water	Crackers w/cream cheese Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> 9:30AM	Yogurt w/ blueberries Water	String Cheese Whole Wheat Crackers Water	Raisin Bread Milk Water	Whole Wheat Cereal Cups Milk Water	Muffins Milk Water
<b>LUNCH</b> 12:00PM	Ravioli Peas Orange Smiles Milk	Sloppy Joes Green Beans Peaches Milk	Clam Chowder Oyster Crackers Fresh Fruit and Veggies Milk	Teriyaki Chicken w/brown rice Roasted Broccoli Pineapple Milk	Cajun Beans and Rice Banana Halves Milk
<b>PM SNACK</b> 2:30PM	Cheesy Muffins Water	Applesauce Graham Crackers Water	Baked Treat Milk Water	Veggies w/dip Water	Salty Seed Mix Swamp 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. 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.