



The Shyne School Menu #3 December 16th -20st, 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/Granola Water	String Cheese Crackers Water	Whole Wheat Cereal Cups Milk Water	Raisin Bread Milk/Water	Baked Treat Milk Water
LUNCH 12:00PM	SW Black Beans and Rice Orange Smiles Milk	Spaghetti Green Beans Peaches Milk	Minestrone Garlic Bread Cuties Milk	McMuffins w/veggie sausage Apple Sauce Milk	Soy Butter and Jam Sandwiches Fresh Fruit and Veggies Milk
PM SNACK 2:30PM	Soft Pretzels w/marinara Water	Apple Dippers Water	Baked Treat Milk Water	Veggies w/dip	Popcorn Hot Chocolate Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM					
LUNCH 12:00PM					See you January 2, 2020
PM SNACK 2:30PM					



Breakfast and snacks include two of the four food groups. Breakfast is served at 7:50. 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.