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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **AM SNACK**  **9:30AM** | **Yogurt**  **w/granola**  **Water** | **Hard Boiled Eggs**  **Wheat Crackers**  **Water** | **Trail Mix**  **Milk**  **Water** | **Fresh Fruit**  **Thinwich**  **Milk/Water** | **Applesauce**  **Grahams**  **Water** |
| **LUNCH**  **12:00PM** | **Stroganoff**  **Peas**  **Orange Smiles**  **Milk** | **Sesame Soba**  **Pineapple**  **Milk** | **Soy Butter and Jam Sandwiches**  **Fresh Fruit/Veggies**  **Milk** | **Taco Salad**  **Mandarins**  **Milk** | **Quesadillas**  **Fresh Vegetables**  **Seasonal Fruit**  **Milk** |
| **PM SNACK**  **2:30PM** | **Soft Pretzels**  **w/marinara**  **Water** | **Apple Dippers**  **Water** | **String Cheese**  **Wheat Crackers**  **Water** | **Veggies**  **w/hummus**  **Water** | **Popcorn**  **Smoothie**  **Water** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **AM SNACK**  **9:30AM** | **Yogurt**  **w/blueberries**  **Water** | **Cheese Cubes**  **Whole Wheat Crackers**  **Water** | **Bear Mix**  **Milk**  **Water** | **Bagels**  **w/cream cheese**  **Water** | **Apple Dippers**  **Water** |
| **LUNCH**  **12:00PM** | **Spaghetti**  **Green Salad**  **Orange Smiles**  **Milk** | **Sloppy Joes**  **Green Beans**  **Peaches**  **Milk** | **Cheese Sandwiches**  **Olives**  **Fresh Fruit/veggies**  **Milk** | **Chicken Strip Salad**  **Seasonal Fruit**  **Milk** | **Vegetarian Lime Orzo**  **Banana Halves**  **Milk** |
| **PM SNACK**  **2:30PM** | **Cinnamon Pita**  **Milk**  **Water** | **Apple Slices**  **Soy Butter**  **Water** | **Hard Boiled Eggs**  **Triscuits**  **Water** | **Veggies**  **w/garden dip**  **Water** | **Crackers w/cream cheese**  **Carrot Sticks**  **Water** |

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**The Shyne School Menu #1**

**June 15th-26th, 2020**

* **=plant based meal served/offered**

**=vegetarian meal**

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.