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**The Shyne School Menu #3**

**July 13th-24th, 2020**

**=plant based meal served/offered**



**=vegetarian meal**

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|  | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **AM SNACK**  **9:30AM** | **Yogurt**  **w/granola**  **Water** | **Cheese Cubes**  **Triscuits**  **Water** | **Bear Mix**  **Milk**  **Water** | **Bagels**  **w/cream cheese**  **Water** | **Apple Dippers**  **Water** |
| **LUNCH**  **12:00PM** | **Mac N Cheese**  **Mixed Vegetables**  **Fruit Salad**  **Milk** | **Taco Tuesday**  **Orange Smiles**  **Milk** | **Build A Sub**  **Fresh Fruit/Vegetables**  **Milk** | **Spinach Pesto Pasta**  **Peaches**  **Milk** | **Cajun Beans and Rice**  **Banana Halves**  **Milk** |
| **PM SNACK**  **2:30PM** | **Cinnamon Pita**  **Milk/Water** | **Apple Slices**  **w/soy butter**  **Water** | **Hard Boiled Eggs**  **Wheat Crackers**  **Water** | **Veggies**  **w/garden dip**  **Water** | **Crackers**  **w/cream cheese**  **Water** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| ***AM SNACK***  ***9:30AM*** | **Yogurt**  **w/blueberries**  **Water** | **String Cheese**  **Whole Wheat Crackers**  **Water** | **Whole Wheat Cereal Cups**  **Milk**  **Water** | **Raisin Bread**  **Milk**  **Water** | **Apple Slice**  **w/soy butter**  **Water** |
| **LUNCH**  **12:00PM** | **Ravioli**  **Green Beans**  **Orange Smiles**  **Milk** | **Teriyaki Chicken**  **Broccoli**  **Pineapple**  **Milk** | **Tuna Sandwiches**  **Fresh Fruit/Vegetables**  **Pickles**  **Milk** | **Summer Pasta Salad**  **Garlic Toast**  **Mandarins**  **Milk** | **Black Beans and Rice**  **Seasonal Fruit**  **Milk** |
| **PM SNACK**  **2:30PM** | **Cheesy Muffins**  **Water** | **Applesauce**  **Graham Crackers**  **Milk**  **Water** | **Cheese Cubes**  **Triscuits**  **Water** | **Veggies**  **w/spinach 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.(Please let the office know if your child requires a vegetarian or other special diet substitution) 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.