




The Shyne School Menu #3 August 24th -September 4th, 2020

🌿 =plant based meal served/offered

❤️ =vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	Cheese Cubes Triscuits Water	Popcorn and Watermelon 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	End of Summer Party Feast!	Spinach Pesto Pasta Peaches Milk	Build A Sub Fresh Fruit/Vegetables 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	CLOSED	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	TEACHER WORKDAY 	❤️ Ravioli Green Beans Orange Smiles 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	CLOSED	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.