



The Shyne School Menu #1 September 7th-18th, 2020

=plant based meal served/offered
 =vegetarian meal

	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	Crackers w/cream cheese Carrot Sticks 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 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	Popcorn Smoothie 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..