













The Shyne School Menu #1
October 5th-16th, 2020

 =plant based meal available
 =vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	Hard Boiled Eggs Wheat Crackers Water	Thinwich Peaches Water	Trail Mix Water	Muffins Milk
LUNCH 12:00PM	Pizza Pasta Green Beans Orange Smiles Milk	Sesame Soba Noodles  Pineapple Milk	SW Chicken Soup  Seasonal Fruit Milk	 Quesadilla Cucumber Medallions Mandarins Milk	 Ham and Beans Bread N Butter Banana Halves Milk
PM SNACK 2:30PM	Pretzels Raisins Water	Apple Dippers Water	Baked Treat Milk Water	Veggies w/dip Water	Popcorn Fruit Cups Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Vanilla Yogurt w/ blueberries Water	Cheese Cubes Whole Wheat Crackers Water	Bagels w/cream cheese Water	Bear Mix Water	Muffins Milk Water
LUNCH 12:00PM	 Spaghetti  Peas Oranges Smiles Milk	Tator Tot Casserole Green Beans Tropical Fruit Milk	 Minestrone Garlic Toast Fresh Fruit Milk	 Vegetable Frittata Roasted Broccoli Applesauce Milk	 Black Bean Soup  Corn Bread Banana Halves Milk
PM SNACK 2:30PM	Cheesy Muffins Water	Apple Slices w/soy butter Water	Baked Treat Milk Water	Veggies w/dip Water	Crackers w/cream cheese 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.