











**The Shyne School Menu #1  
November 16<sup>th</sup>-27<sup>th</sup>, 2020**

 =plant based meal available

 =vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK 9:30AM</b>	Yogurt w/granola Water	Hard Boiled Eggs Wheat Crackers Water	Thinwich Peaches Water	Trail Mix Water	Muffins Milk
<b>LUNCH 12:00PM</b>	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
<b>PM SNACK 2:30PM</b>	Pretzels Raisins Water	Apple Dippers Water	Baked Treat Milk Water	Veggies w/dip Water	Popcorn Fruit Cups Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK 9:30AM</b>	Vanilla Yogurt w/ blueberries Water	Cheese Cubes Whole Wheat Crackers Water	Bagels w/cream cheese Water	closed	closed
<b>LUNCH 12:00PM</b>	 Spaghetti  Peas Oranges Smiles Milk	Tator Tot Casserole Green Beans Tropical Fruit Milk	Turkey Noodle Soup Corn Bread Fresh Fruit Milk	HAPPY THANKSGIVING!	Happy Leftovers Day ☺
<b>PM SNACK 2:30PM</b>	Cheesy Muffins Water	Apple Slices w/soy butter Water	Baked Treat Milk Water	closed	closed

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.