












The Shyne School Menu #3 November 2nd-13th, 2020

 =plant based meal served/offered

 =vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	Cheese Cubes Whole Wheat Crackers Water	Bear Mix Water	Raisin Bread Milk Water	Animal Crackers Milk Water
LUNCH 12:00PM	 Pumpkin Pancakes Veggie Sausage Little Pumpkins (cuties) Milk/Water	Spinach Pesto Pasta w/shrimp Fruit Salad Milk	 Tomato Soup Grilled Cheese Seasonal Fruit Milk	 Taco Salad Pears Milk	 Mac N Cheese Green Beans Banana Halves Milk
PM SNACK 2:30PM	Cinnamon Pita Milk Water	Apple Slices Soy Butter Water	Baked Treat Milk Water	Veggies w/dip Water	Ritz w/cream cheese Water
	MONDAY	TUESDAY	WEDNESDAY	Bagels w/cream cheese Water THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/ blueberries Water	String Cheese Whole Wheat Crackers Water	Whole Wheat Cereal Cups Milk Water	Bagels w/cream cheese Water	Muffins Milk Water
LUNCH 12:00PM	 Ravioli Peas Orange Smiles Milk	 Sloppy Joes Green Beans Peaches Milk	 Clam Chowder Oyster Crackers Fresh Fruit and Veggies Milk	 Teriyaki Chicken w/brown rice Roasted Broccoli Pineapple Milk	 Cajun Beans and Rice Banana Halves Milk
PM SNACK 2:30PM	Cheesy Muffins Water	Applesauce Graham Crackers Water	Baked Treat Milk Water	Veggies w/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.