



The Shyne School Menu #1 January 4th -15th, 2021

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