



The Shyne School Menu #3

April 26th - May 7th, 2021

=plant based meal available
 =vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	Cheese Cubes Triscuits Water	Bear Mix Water	Bagels w/cream cheese Water	Apple Dippers Water
LUNCH 12:00PM	Mac N Cheese Mixed Vegetables Fruit Salad Milk	Taco Tuesday Orange Smiles Milk	Build-A-Sub Fresh Fruit and Veggies Milk	Spinach Pesto Pasta Peaches Milk	Farrow and Roasted Garbanzo Bean Salad Banana Halves Milk
PM SNACK 2:30PM	Pita w/hummus Water	Apple Slices w/soy butter Water	Hard Boiled Eggs Wheat Crackers Water	Veggies w/spinach dip Water	Salty Seed Mix Swamp Juice Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/blueberries Water	String Cheese Whole Wheat Crackers Water	Whole Wheat Cereal Cups Milk Water	Raisin Bread Milk Water	Apple Slice w/soy butter Water
LUNCH 12:00PM	Ravioli Green Beans Pears Milk	Sloppy Joes Carrots Orange Smiles Milk	Tuna Sandwiches Fresh Fruit/Vegetables Pickles Milk	Summer Pasta Salad Garlic Toast Mandarins Milk	Black Beans and Rice Pineapple Milk
PM SNACK 2:30PM	Whole Wheat Tortillas /cream cheese Water	Applesauce Graham Crackers Milk Water	Cheese Cubes Triscuits Water	Veggies w/veggie 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.