
















## The Shyne School Menu #1

August 2<sup>nd</sup>-13<sup>th</sup>, 2021

 =plant based meal available

 =vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> 9:30AM	Yogurt w/granola Water	Hard Boiled Eggs Wheat Crackers Water	Trail Mix Milk Water	Fruit Thinwich Milk/Water	Applesauce Grahams Water
<b>LUNCH</b> 12:00PM	 Taco Salad Mandarins Milk	 Sesame Soba Pineapple  Milk	 Soy Butter and Jam Sandwiches  Fresh Fruit/Veggies Milk	Pizza Pasta Green Beans Peaches Milk	Cracker Stackers Fresh Veggies Banana Halves Milk
<b>PM SNACK</b> 2:30PM	Pretzels Raisins Water	Apple Dippers Water	String Cheese Wheat Crackers Water	Veggies w/hummus Water	Salty Mix Apple Juice Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> 9:30AM	Yogurt w/blueberries Water	Cheese Cubes Whole Wheat Crackers Water	Bear Mix Milk Water	Bagels w/cream cheese Water	Apple Dippers Water
<b>LUNCH</b> 12:00PM	 Spaghetti Mixed Vegetables Pears Milk	 Sausage McMuffins (veggie sausage)  Fresh Fruit/Veggies Milk	 Cheese Sandwiches Olives  Fresh Fruit/veggies Milk	 Chicken Salad Mandarins Milk	 Quesadillas Fresh Vegetables  Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Pita Triangles w/hummus Water	Apple Slices Soy Butter Water	Hard Boiled Eggs Triscuits Water	Veggies w/garden 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..