












The Shyne School Menu #2

August 16th-27th, 2021

 =plant-based meal available
 =vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	String Cheese Whole Wheat Crackers Water	Whole Wheat Cereal Cups Milk Water	Raisin Bread Milk Water	Apple Slices w/soy butter Water
LUNCH 12:00PM	Tuna Casserole Mixed Vegetables Pears Milk	Pizza Muffins Grape Tomatoes Orange Smiles Milk	 Egg Salad Sandwiches Pickles Carrots/Fruit Milk	 Pot Stickers Roasted Broccoli Pineapple Milk	 Bean and Cheese Burritos Fresh Veggies Banana Halves Milk
PM SNACK 2:30PM	Wheat Tortillas w/cream cheese Water	Applesauce Graham Crackers Milk/Water	Cheese Cubes Whole 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	Hard Boiled Eggs Whole Wheat Crackers Water	Trail Mix Milk Water	Fresh Fruit Thinwich Milk/Water	Applesauce Grahams Water
LUNCH 12:00PM	Stroganoff Peas Peach Milk	  Quinoa Pilaf Green Beans Pineapple Milk	Turkey Pinwheels Fresh Fruit/Veggies Milk	 Hawaiian Pasta Salad Fresh Veggies Milk	 Beans and Weenies Banana Halves Milk
PM SNACK 2:30PM	Raisins Pretzels Water	Apple Dippers Water	String Cheese Wheat Crackers Water	Veggies w/hummus Water	Crackers w/cream cheese Carrot Sticks 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. e Shyne School does not serve tree nuts.