



## The Shyne School Menu #3 August 30<sup>th</sup>-September 10<sup>th</sup>, 2021

=plant based meal available  
 =vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK 9:30AM</b>	Yogurt w/granola Water	Cheese Cubes Triscuits Water	Bear Mix Milk Water	Bagels w/cream cheese Water	Apple Dippers Water
<b>LUNCH 12:00PM</b>	Mac N Cheese Mixed Vegetables Fruit Salad Milk	Taco Tuesday Orange Smiles Milk	Build A Sub Fresh Fruit/Vegetables Milk	Spinach Pesto Pasta Peaches Milk	Cajun Beans and Rice Banana Halves Milk
<b>PM SNACK 2:30PM</b>	Pita w/hummus Water	Apple Slices w/soy butter Water	Hard Boiled Eggs Wheat Crackers Water	Veggies w/garden dip Water	Salty Mix Swamp Juice Water
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK 9:30AM</b>	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
<b>LUNCH 12:00PM</b>	Ravioli Green Beans Orange Smiles Milk	Teriyaki Chicken Broccoli Pineapple Milk	Tuna Sandwiches Fresh Fruit/Vegetables Pickles Milk	Summer Pasta Salad Garlic Toast Mandarins Milk	Black Beans and Rice Seasonal Fruit Milk
<b>PM SNACK 2:30PM</b>	Cheesy Muffins Water	Applesauce Graham Crackers Milk Water	Cheese Cubes Triscuits Water	Veggies w/spinach 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.