



The Shyne School Menu #1 October 25th-November 5th, 2021

🍃 =plant-based meal served/offered
❤️ =vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	Hard Boiled Eggs Whole Wheat Crackers Water	Trail Mix Milk Water	Thin Bread Fruit Water	Applesauce Grahams Water
LUNCH 12:00PM	Tuna Casserole Mixed Vegetables Pears Milk	Sausage Muffins (veggie sausage) Applesauce/Peppers Milk	🍃 Baked Ziti Green Beans Pineapple Milk	Cheese Sandwiches Olives Carrots Sticks Orange Smiles Milk	Quesadillas Fresh Veggies Banana Halves Milk
PM SNACK 2:30PM	Pretzels Raisins Water	Apple Dippers Water	String Cheese Crackers Water	Veggies w/hummus Water	<i>Banana</i> Ritz <i>Orange</i> w/cream cheese Smoothies Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/blueberries Water	Cheese Cubes Crackers Water	Bear Mix Milk Water	Bagels w/cream cheese Water	Apple Dippers Water
LUNCH 12:00PM	Pumpkin Pancakes Bananas Veggie Sausage Milk	Pot Stickers Green Beans Pineapple Milk	Turkey Pinwheels Fresh Fruit/Veggies Milk	🍃 Taco Salad Mandarins Milk	🍃 Beans and Weenies Banana Halves Milk
PM SNACK 2:30PM	Pita w/hummus Water	Apples w/soy butter	Hard Boiled Eggs Crackers Water	Veggies w/garden dip Water	Popcorn Fruit Cup 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. Shyne School does not serve tree nuts.