














# The Shyne School Menu #1

## November 8<sup>th</sup> – 19<sup>th</sup>, 2021

 =plant based meal served/offered  
 =vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> 9:30AM	Yogurt w/granola Water	Hard Boiled Eggs Whole Wheat Crackers Water	Bagels w/cream cheese and Jam Water	Bear Mix Water	Raisin Bread Milk Water
<b>LUNCH</b> 12:00PM	 Spaghetti mixed veggies Orange Smiles Milk	 Bean n Cheese Roll Ups Green Beans Fruit Salad Milk	 Vegetable Soup Oyster Crackers Fresh Fruit and Veggies Milk	Tator Tot Casserole apple sauce/peppers Milk	 Stroganoff Mandarins Milk
<b>PM SNACK</b> 2:30PM	Pretzels Raisins Water	Applesauce Graham Crackers Water	Trail Mix Milk Water	Veggies w/garden dip Water	String Cheese Fruit Cups Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b> 9:30AM	Yogurt w/ blueberries Water	String Cheese Whole Wheat Crackers Water	Raisin Bread Milk Water	thin bread fruit Water	Bagels w/ cream chz and Jam Water
<b>LUNCH</b> 12:00PM	 Pizza Pasta Green Beans Orange Smiles Milk	 Sloppy Joes Mixed Vegetables Peaches Milk	 Tomato Soup Grilled Cheese Seasonal Fruit Milk	 Veggie Breakfast Sand Carrots/peppers Pineapple Milk	 whole wheat noodles and turkey sausage w/peas Banana Halves Milk
<b>PM SNACK</b> 2:30PM	Hard Boiled Eggs Whole Wheat Crackers Water	Applesauce cheese cubes Water	Trail Mix Milk Water	Veggies w/hummus 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.