

The Shyne School Menu

February 28th - March 2nd 2022

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt w/Berries Water	Hard Boiled Eggs w/Wheat Crackers Water	Bear Mix Milk	Cheese Slices Wheat Crackers Water	Jam & Cream Cheese Roll Ups Water
LUNCH 12:00PM	Pizza Pasta Fresh Seasonal Veggie Fresh Fruit Milk	Taco Salad Fresh Seasonal Fruit Milk	Pot Stickers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Soy Butter/Jam Sand Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Whole Grain Crackers & Fresh Fruit Water	Olives Fresh Mozzarella Water	Pretzel Sticks & Raisins Milk	Veggies w/Garden Dip Water	String Cheese Wheat Crackers
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt w/Granola Water	Bagels w/Cream Cheese Water	Celery w/Soy Butter Water	Wheat Crackers Cheese Slices Water	Raisin Bread Milk
LUNCH 12:00PM	Hawaiian Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cheese Toasties Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Black Bean Chili Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Ravioli w/Marinara Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Quinoa Casserole Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Fresh Seasonal Fruit Whole Grain Crackers Milk	Chips & Salsa Milk Water	Veggies w/Hummus Water Milk	Apple Dippers Milk	Cheesy Muffins 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.

Winter veggies may include, but are not limited to: Carrots, Celery, Beets, Broccoli, Squash, Spinach, Kale, or Yams.

Winter fruit options may include, but are not limited to: Apples, Pears, Oranges, Bananas, Melons, Kiwi, Berries, Dragon Fruit, Mangoes, or Pineapple.