



The Shyne School Menu #2

February 14th – Feb 25th, 2022

=plant based meal served/offered

=vegetarian meal

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	Applesauce Cheese cubes Water	Raisin Bread Milk Water	Bagels with Cream Cheese Water	Hard Boiled Eggs Whole Wheat Crackers Water
LUNCH 12:00PM	Spaghetti Peas apple slices Milk	Tacos Carrots Orange Smiles Milk	Clam Chowder Mixed Veggies Fruit Salad Milk 	Pesto Pasta Mixed Veggies Mixed Berries Milk 	Sloppy Joes Sliced Cucumbers Carrots Bananas Milk
PM SNACK 2:30PM	Pretzels Raisins Water	Veggies and Crackers Ranch Dip Water	Trail Mix Milk Water	Chips and Salsa Milk Water	Apple Dippers! Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/ Blueberries Water	Whole Wheat Crackers Cheese cubes	Bunny Mix Milk/Water	Animal Crackers Milk/Water	Applesauce Graham Crackers water
LUNCH 12:00PM	Stroganoff Orange Smiles Peas Milk	Green Chicken Enchilada Green Beans Pineapple Milk	Turkey Pinwheels Fruit Salad Bell Peppers Milk	Beanies and Weanies Mixed Veggies Peaches Milk	Yellow Curry Noodles Bananas Sliced Cucumber and Celery Milk
PM SNACK 2:30PM	Veggies and Crackers with Hummus water	Chips and Salsa Water Milk	Apple Slices Cheese Cubes Water	Raisin Bread Milk / Water	Swamp Juice Popcorn water/milk

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.