

The Shyne School Menu

March 14th - March 25th 2022

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Veggies Wheat Crackers Water	Raisin Bread Milk	Yogurt w/Granola Water	Bagels w/Cream Cheese Water	Cereal Mix Milk
LUNCH 12:00PM	Tuna Salad Sandwich Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Turkey Tortilla Bake Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pesto Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Fried Rice Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pizza Party! Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Apples & Cheese Slices Milk	Whole Grain Crackers & Fresh Fruit Water	Celery w/SunButter Water	Chips & Bean Dip Water	Pretzel Sticks & Fruit Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	SunButter Toast Water	String Cheese Wheat Crackers Water	Yogurt w/Berries Water	Pretzel Sticks Cheese Slices Water	Hard Boiled Eggs Crackers Water
LUNCH 12:00PM	Vegetable Spring Rolls Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Taco Party! Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Alphabet Soup Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Falafel w/Tzatziki Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chicken Waldorf Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Cheesy Muffins Water	Fruit & Veg Smoothy Pretzel Sticks Water	Fresh Seasonal Fruit Whole Grain Crackers Water	Veggies w/Garden Dip Water	Cheese & Fruit/Veg 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.