

# The Shyne School Menu

April 11th - April 22nd 2022

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt w/Granola Water	Cheese w/Crackers Water	Hard Boiled Egg & Fruit Milk	Smoothie w/Crackers Water	Bagels & Cream Cheese Water
<b>LUNCH</b> 12:00PM	Cheese Toasties Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Hawaiian Pasta Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Alphabet Soup Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Quinoa Pilaf Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Chips w/Bean Dip Water	Apples w/SunButter Water	Cheesy Muffins Water	Cheese w/Fruit Water	Snack Mix w/Raisins Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt w/Berries Water	Bagels w/Cream Cheese Water	Apples w/cheese Water	Raisin Toast Milk	Bear Mix Milk
<b>LUNCH</b> 12:00PM	Ravioli w/ Marinara Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	SunButter/Jam Sand Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Black Bean Chili Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Taco Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pizza Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Veggies w/Crackers Milk	Cheesy Muffins Water	Chips w/Bean Dip Water	Crackers w/Fruit Milk	Snack Mix w/Veggies 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.

**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.