

The Shyne School Menu

March 28th - April 8th 2022

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt w/Berries Water	Cheese Slices w/Fruit Water	Crackers w/Veggies Milk	Mango Lassi Water	Cheesy Muffins Water
LUNCH 12:00PM	Tortellini w/Marinara Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Verde Bean Enchiladas Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Roast Vegetable Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chicken Teriyaki w/Rice Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Taco Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Pretzels w/Veggies Water	Snack Mix w/Juice Water	Veggies w/Hummus Milk	Fruit w/Cottage Cheese Water	Celery w/SunButter Milk
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt w/Granola Water	Bagels w/Cream Cheese Water	Olives w/Mozzarella Water	Raisin Toast Milk	Bear Mix Milk
LUNCH 12:00PM	Fish Sticks Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Turkey Moussaka Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Black Bean Chili Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tuna Casserole Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pizza Party! Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Veggies w/Crackers Milk	Cheesy Muffins Water	Chips w/Bean Dip Water	Pretzels 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.