

# The Shyne School Menu

May 9th - May 20th 2022

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt w/Berries Water	Cheese & Fruit Water	Crackers & Veggies Water	Bagels & Cream Cheese Water	Cottage Cheese & Fruit Water
<b>LUNCH</b> 12:00PM	Tortellini w/Marinara Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Verde Bean Enchiladas Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chicken Teriyaki Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Taco Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Celery w/SunButter Water	Snack mix & Juice Water	Cheesy Muffins Water	Pretzel Sticks w/Raisins Water	Veggies & Crackers Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt w/Granola Water	Raisin Toast Water	Fruit w/cheese Water	Bear Mix & Raisins Water	Mango Lassi & Cereal Water
<b>LUNCH</b> 12:00PM	Fish Sticks Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Turkey Mousaka 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
<b>PM SNACK</b> 2:30PM	Veggies & Snack Mix Milk	Fruit & Cheese Water	Veggies & Garden Dip Water	Cheesy Muffins Water	Fruit/Veggies & Chips 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.