

# The Shyne School Menu

May 23rd - June 3rd 2022

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Berries Water	Cheese & Fruit Water	Crackers & Veggies Water	Bagels & Cream Cheese Water	Cottage Cheese & Fruit Water
<b>LUNCH</b> 12:00PM	Pizza Party! Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Alphabet Soup Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Sun Butter & Jam Sand Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Hawaiian Pasta Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Veggies & Crackers Water	Raisin Toast Water	Cheese & Crackers Water	Animal Mix & Fruit Water	Zucchini Bread Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM		Raisin Toast Water	Fruit & Crackers Water	Snack Mix & Cheese Water	Bagels & Cream Cheese Water
<b>LUNCH</b> 12:00PM	Closed for Memorial Day	Cheese Tortellini Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Roasted Veggie Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Veggie Spring Rolls Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pesto Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM		Fruit & Cheese Water	Chips & Bean Dip Water	Cheesy Muffins Water	Granola Bars 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.