

# The Shyne School Menu

June 6th - June 17th 2022

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Granola & Yogurt Water	Bagels & Cream Cheese Water	Fruit & Cottage Cheese Water	Banana Zucchini Muffin Water	Fruit & Cereal Water
<b>LUNCH</b> 12:00PM	Pot Stickers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pesto Pasta Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Sunbutter & Jam Sand Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Taco Party! Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Fruit & Crackers Water	Cheese & Veggies Water	Chips and Bean Dip Water	Raisins & Pretzels Water	Smoothie & Snack Mix Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Blueberries & Yogurt Water	Granola Bars & Fruit Water	Cheese & Animal Mix Water	Fruit & Crackers Water	Raisin Bread Water
<b>LUNCH</b> 12:00PM	Fish Sticks Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chef Pasta Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Black Bean Chili Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Mediterranean Wraps Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Slider Builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Sunbutter Toast Milk	Fruit & Snack Mix Water	Veggies & Cheese Water	Pita & Hummus Water	Fruit Bites & Snack Mix 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.

**Summer veggies may include, but are not limited to:** Carrots, Celery, Beets, Broccoli, Squash, Spinach, Kale, or Yams.

**Summer fruit options may include, but are not limited to:** Apples, Pears, Oranges, Bananas, Melons, Kiwi, Berries, Dragon Fruit, Mangoes, or Pineapple.