

# The Shyne School Menu

June 20th - July 1st 2022

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM		Raisin Toast Water	Bagels & Cream Cheese Water	Fresh Baked Muffins Water	Fruit & Crackers Water
<b>LUNCH</b> 12:00PM	<b>CLOSED FOR TEACHER WORK DAY</b>	Spring Rolls Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Mac & Cheese Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Turkey 'BLT' Wraps Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Taco Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM		Raisins & Pretzel Sticks Water	Cream Cheese Roll Ups Water	Fruit & Cheese Water	Veggies & Snack Mix Water
		Monday	Tuesday	Wednesday	Thursday
<b>AM SNACK</b> 9:30PM	Cereal & Yogurt Water	Cheese & Fruit Water	Sunbutter Toast Water	Crackers & Fruit Water	Granola Bars Water
<b>LUNCH</b> 12:00PM	Chicken Tenders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tortellini Pasta Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Lemon Herb Meatballs Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Baja Fish Burritos Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Hot Dogs Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Veggies & Crackers Milk	Fruit & Snack Mix Water	Hummus Roll Ups Water	Veggies & Cheese Water	Fruit & Crackers 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.