

The Shyne School Menu

August 29th - September 9th 2022

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM		Yogurt & Blueberries Water	Raisin bread Water	Fruit & Animal Mix Water	Raisins & Crackers Water
LUNCH 12:00PM	Closed for Teacher Work Day	Spring Rolls Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Sunbutter & Jam Sands Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Burrito Builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM		Veggies & Crackers Water	Fruit & Cheese Water	Turkey Rolls & Crackers Water	Veggies & Garden Dip Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM		Yogurt & Granola Water	Bread & Sunbutter Water		
LUNCH 12:00PM	Closed for Labor Day	Fish Sticks Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Black Bean Chili Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Closed for Septic Repair	Closed for Septic Repair
PM SNACK 2:30PM		Fruit & Cheese Water	Veggies & 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.