

# The Shyne School Menu

September 26th - October 7th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Cereal Water	Bread & Sunbutter Water	Fruit & Crackers Milk	Boiled Eggs & Bear Mix Water	Fruit/Veggie Muffins Milk
<b>LUNCH</b> 12:00PM	Pasta & Meatballs Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Grilled Cheese Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Barley Soup Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chicken Tenders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Kids Brunch Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Pretzels & Raisins Water	Veggies & Hummus Water	Cheesy Roll Ups Water	Chips & Veggies Water	Fruit & Snack Mix Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Blueberries Water	Bagels & Cream Cheese Water	Fruit & Bear Mix Milk	Raisin Bread Water	Fruit/Veggie Muffins Milk
<b>LUNCH</b> 12:00PM	Pesto Cheese Ravioli Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Egg Salad Sandwich Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Black Bean Chili Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tamale Pie Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Hand Pies Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Fruit & Crackers Water	Raisins & Pretzels Water	Hummus & Veggies Water	Pinwheels Water	Fruit Salad & 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.

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

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