

# The Shyne School Menu

September 12th - September 23rd 2022

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Blueberries Water	Fruit & Cereal Mix Water	Raisin Bread Milk	Bagels & Cream Cheese Water	Raisins & Pretzels Water
<b>LUNCH</b> 12:00PM	Chicken Tenders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pasta Formaggi Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Stew 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	Veggies & Crackers Water	Hummus & Pita Water	Snack Mix & Fruit Water	Veggies & Garden Dip Water	Sorbet & Crackers Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Cereal Mix Water	Bread & Sunbutter Water	Fruit & Cheese Water	Boiled Eggs & Crackers Water	Raisin Bread Milk
<b>LUNCH</b> 12:00PM	Pot Stickers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tortellini Marinara Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tuscan Bean Soup 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	Snack Mix & Fruit Water	Bean Dip & Chips Water	Veggies & Crackers Water	Raisins & Pretzels Water	Smoothies & 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.