

The Shyne School Menu

October 24th - November 4th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Fruit & Crackers Water	Raisin Bread Milk	Bagels & Cream Cheese Water	Raisins & Crackers Water
LUNCH 12:00PM	Pot Stickers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tortellini Romesco Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Fall Vegetable Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chicken & Dumplings Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Burrito Builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Sunbutter Roll Ups Water	Veggies & Pretzels Water	Chips & Bean Dip Water	Fruit & Snack Mix Water	Veggies & Garden Dip Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Blueberries Water	Raisins & Crackers Water	Bread & Sunbutter Water	Fruit & Cheese Water	Raisin Bread Milk
LUNCH 12:00PM	Chicken Nuggets Fresh Seasonal Veggie Fresh Seasonal Coming Fruit Milk	Kids Brunch Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	SW Beans & Rice Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Falafel Wraps Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Taco Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Veggies & Chips Water	Fruit & Pretzels Water	Hummus & Pita Water	Pinwheels Water	Veggies & Garden Dip 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.