

# The Shyne School Menu

November 21st - December 2nd

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Cereal Water	Raisin Bread Milk	Fruit & Cheese Water	<b>Closed for</b>	<b>Thanksgiving</b>
<b>LUNCH</b> 12:00PM	Pizza Muffins Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Meatballs & Garlic Rolls Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chicken Nuggets Fresh Seasonal Veggie Fresh Seasonal Fruit Milk		
<b>PM SNACK</b> 2:30PM	Grahams & Sunbutter Water	Fruit & Crackers Water	Veggies & Garden Dip Water		
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Blueberries Water	Fruit & Bear Mix Water	Bread & Sunbutter Water	Crackers & Fruit Water	Raisin Bread Milk
<b>LUNCH</b> 12:00PM	Spring Rolls Fresh Seasonal Veggie Fresh Seasonal Coming Fruit Milk	Pasta Romesco Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Barley Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Taco Party! Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Fruit & Chips Water	Veggies & Pretzels Water	Hummus & veggies Water	Raisins & Pretzels Water	Fruit Salad & Cheese 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.