

# The Shyne School Menu

November 7th - November 18th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Cereal Water	Raisin Bread Water	Fruit & Crackers Milk	Bread & Sunbutter Water	Boiled Eggs & Bear Mix Water
<b>LUNCH</b> 12:00PM	Fish Sticks Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pasta Marinara Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Barley Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Turkey Wraps Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Burrito Builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Fruit & Chips Water	Chips & Bean Dip Water	Veggies & Cheese Water	Fruit & Snack Mix Water	Pinwheels Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Blueberries Water	Raisins & Pretzels Water	Bread & Sunbutter Water	Fruit & Cheese Water	Raisin Bread Milk
<b>LUNCH</b> 12:00PM	Pesto Tortellini Fresh Seasonal Veggie Fresh Seasonal Coming Fruit Milk	Grilled Cheese 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	Chicken Casserole Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Veggies & Crackers Water	Fruit & Pretzels Water	Hummus & veggies Water	Roll ups 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.