

The Shyne School Menu

December 19th - December 30th

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	Closed
LUNCH 12:00PM	Chicken Nuggets Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cheese Tortellini Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetables Barley Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	
PM SNACK 2:30PM	Bread & Sunbutter Water	Veggies & Pretzels Water	Fruit & Cheese Water	Raisins & Bear Mix Water	
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM					
LUNCH 12:00PM	Closed	Closed	Closed	Closed	Closed
PM SNACK 2:30PM					

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.