

# The Shyne School Menu

January 16th - January 27th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Blueberries & Yogurt Water	Raisin Bread Milk	Fruit & Cheese Water	Bagels & Cream Cheese Water	Raisins & Bear Mix Water
<b>LUNCH</b> 12:00PM	Fish Sticks Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Pasta Romesco Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	SW Beans & Rice Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chicken Casserole Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Turkey Wraps Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Cream Cheese Roll Ups Water	Veggies & Crackers Water	Chips & Bean Dip Water	Fruit & Crackers Water	Bread & Sunbutter Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Cereal Water	Bread & Sunbutter Water	Crackers & Cheese Water	Fruit & Bear Mix Water	Raisin Bread Milk
<b>LUNCH</b> 12:00PM	Spring Rolls Fresh Seasonal Veggie Fresh Seasonal Coming Fruit Milk	Cheese Tortellini Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	White beans & Orzo Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Taco Party! Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Slider Builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Fruit & Chips Water	Veggies & Pretzels Water	Hummus & Pita Water	Cream Cheese Roll Ups Water	Fruit & 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.

**Fall veggies may include, but are not limited to:** Carrots, Celery, Beets, Broccoli, Squash, Spinach, Kale, or Yams.