

# The Shyne School Menu

January 30th - February 10th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Blueberries & Yogurt Water	Fruit & Bear Mix Water	Cheese & Crackers Water	Apple Dippers Water	Raisin Bread Milk
<b>LUNCH</b> 12:00PM	Pot Stickers Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Pesto Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Burrito Builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Grilled Cheese Dippers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Cream Cheese Roll Ups Water	Veggies & Garden Dip Water	Pita & Sunbutter Water	Raisins & Pretzels Water	Fruit Salad & Chips Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Cereal Water	Fruit & Crackers Water	Fruit & bear Mix Water	Crackers & Cheese Water	Raisin Bread Milk
<b>LUNCH</b> 12:00PM	Chicken Nuggets Fresh Seasonal Veggie Fresh Seasonal Coming Fruit Milk	Pasta Marinara Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Black Bean Chili Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	French Toast Dippers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pizza Muffins Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Bread & Sunbutter Water	Raisins & Pretzels Water	Veggies & Garden Dip Water	Cream Cheese Roll Ups Water	Chips & Bean 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.