

The Shyne School Menu

January 3rd - January 13th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Closed	Blueberries & Yogurt Water	Raisin Bread Milk	Bagels & Cream Cheese Water	Raisins & Pretzels Water
LUNCH 12:00PM		Spring Rolls Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Barley Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tortellini Marinara Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM		Veggies & Crackers Water	Chips & Bean Dip Water	Fruit & Crackers Water	Fruit Salad & Chips Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Raisins & Crackers Water	Bread & Sunbutter Water	Crackers & Fruit Water	Raisin Bread Milk
LUNCH 12:00PM	Chicken Nuggets Fresh Seasonal Veggie Fresh Seasonal Coming Fruit Milk	Pesto Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Black Bean Chili Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	GC & Tomato Soup Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pizza Muffins Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Fruit & Chips Water	Veggies & Pretzels Water	Hummus & veggies Water	Cream Cheese Roll Ups Water	Fruit Salad & Pretzels 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.