

# The Shyne School Menu

February 13th - February 24th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Blueberries & Yogurt Water	Raisin Bread Water	Cheese & Fruit Water	Raisins & Pretzels Water	Bagels & Cream Cheese Milk
<b>LUNCH</b> 12:00PM	Fish Sticks Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Spaghetti & Meatballs 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	Veggies & Crackers Water	Cream Cheese Roll Ups Water	Veggies & Garden Dip Water	Cheese & Crackers Water	Fruit Salad & Chips Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Cereal Water	Fruit & Crackers Water	Raisin Bread Milk	Bagels & Cream Cheese Water	Fruit & Bear Mix 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 Bean & Orzo Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Slider Builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Taco Party! Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Fruit & Pretzels Water	Veggies & Chips Water	Bread & Sunbutter Water	Cream Cheese Roll Ups Water	Veggies & Hummus 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.