

The Shyne School Menu

April 10th - April 21st

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Mango & Yogurt Water	Raisin Bread Milk	Cheese & Fruit Water	Apple Sauce & Grahams Water	Bear Mix & Fruit Salad Water
LUNCH 12:00PM	Fish Sticks Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Cheese Tortellini Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Spring Veggie Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Fruit & Chicken Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Sandwich Builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Cheese & Crackers Water	Veggies & Crackers Water	Fruit & Pretzels Water	Cream Cheese Roll ups Water	Veggies & Garden Dip Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Fruit & Boiled Eggs Water	Bagels & Cream Cheese Water	Bear Mix & Raisins Water	Cottage Cheese & Fruit Water
LUNCH 12:00PM	Spring Rolls Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Lemon Garlic Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Veggie Fried Rice Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Taco Salad Builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tuna Salad Sandwich Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Veggies & Crackers Water	Chips & Dip Water	Soft Pretzels & Sauce Water	Smoothies & Crackers Water	Pita Chips & 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.

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