

# The Shyne School Menu

February 27th - March 10th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Cereal & Yogurt Water	Raisin Bread Milk	Cheese It's & Fruit Water	Raisins & Pretzels Water	Bear Mix & Fruit Salad Water
<b>LUNCH</b> 12:00PM	Chicken Nuggets Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Pasta Romesco Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Grilled Cheese Dippers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Bagels & Cream Cheese Water	Veggies & Crackers Water	Bread & Sunbutter Water	Cream Cheese Roll ups Water	Veggies & Hummus Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Mango Water	Fruit & Crackers Water	Bear Mix & Raisins Water	Cheese & Crackers Water	Fruit & Bear Mix Water
<b>LUNCH</b> 12:00PM	Pot Stickers 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	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	Fruit & Pretzels Water	Bread & Sunbutter Water	Bagels & Cream Cheese Water	Smoothies & Crackers Water	Veggies & Garden 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.