

The Shyne School Menu

March 27th - April 7th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Blueberries & Yogurt Water	Raisin Bread Milk	Cheese & Fruit Water	Raisins & Pretzels Water	Bear Mix & Fruit Salad Water
LUNCH 12:00PM	Chicken Nuggets Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Spring Pea Pesto Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Rice Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Baja Fish Wraps Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Fruit & Chips Water	Veggies & Crackers Water	Cheese - E- Pretzels Water	Cream Cheese Roll ups Water	Veggies & Garden Dip Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Fruit & Crackers Water	Raisins & cheese Water	Spiced Pita & Dip Water	Fruit & Bear Mix Water
LUNCH 12:00PM	Pot Stickers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Mediterranean Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Green Goddess Orzo Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	French Toast Dippers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Salad builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Fruit & Pretzels Water	Grahams & Apple Sauce Water	Fruit Crisp Water	Smoothies & Crackers 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.

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

