

The Shyne School Menu

June 19th - June 30th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Closed	Peaches & Yogurt Water	Raisin Bread Milk	Bread & Sunbutter Water	Cheese & Fruit Water
LUNCH 12:00PM		Pasta Florentine Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Black Bean Chili Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Teriyaki Chicken Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chicken Sliders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM		Apple Dippers Water	Chips & Raisins Water	Cream Cheese Roll Ups Water	Veggies & Crackers Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Raisins & Crackers Water	Apples & Pretzels Water	Cottage Cheese & Fruit Water	Bagels & Cream Cheese Water
LUNCH 12:00PM	Turkey Hot Dogs Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Corn & Zucchini Orzo Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Barley Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Spring Rice Pilaf Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Taco Party! Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Veggies & Cheese Water	Chips & Fruit Water	Pita Dippers Water	Veggies & Crackers Water	Smoothies & Crackers 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.