

The Shyne School Menu

July 5th - July 15th 2022

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM		Raisin Bread Water	Fruit & Cheese Water	Fresh Baked Muffins Water	Fruit & Crackers Water
LUNCH 12:00PM	CLOSED FOR INDEPENDENCE DAY!	Black Bean Taquitos Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Stew & Roll Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tuna Salad Sands Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pizza Party Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM		Raisins & Pretzel Sticks Water	Cream Cheese Roll Ups Water	Fruit & Cheese Water	Veggies & Snack Mix Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Blueberries & Yogurt Water	Cheese & Fruit Water	Bagels & Cream Cheese Water	Sunbutter Toast Water	Granola Bars Water
LUNCH 12:00PM	Grilled Chicken Wraps Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Couscous & Bean Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Summer Minestrone Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Sloppy Joe's Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Spinach Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Fruit & Cheese Water	Raisins & Crackers Water	Chips & Bean Dip Water	Veggies & Cheese Water	Fruit & 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.

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

Summer fruit options may include, but are not limited to: Apples, Pears, Oranges, Bananas, Melons, Kiwi, Berries, Dragon Fruit, Mangoes, or Pineapple.