

The Shyne School Menu

July 17th - July 28th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Cereal & Yogurt Water	Raisin Bread Milk	Cheese & Fruit Water	Fruit & Pretzels Water	Bear Mix & Fruit Water
LUNCH 12:00PM	Chicken Nuggets Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Spring Pea Pesto Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Black Bean Chili 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	Apple Dippers Water	Veggies & Crackers Water	Cheese it's & Veggies Water	Chips & Hummus Water	Cream Cheese Roll Ups Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Fruit Water	Apples & Crackers Water	Raisins & Cheese Water	Bagels & Cream Cheese Water	Apple Sauce & Grahams Water
LUNCH 12:00PM	Pot Stickers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Mediterranean Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Stew 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	Veggies & Cheese Water	Chips & Bean Dip Water	Pita Dippers 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.

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