

The Shyne School Menu

November 13th - November 24th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Apples & Cheez It's Water	Fruit & Cheese Water	Raisins & Pretzels Water	Bread & Sunbutter Water
LUNCH 12:00PM	Fish Sticks Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Pasta Marinara Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tuscan White Bean Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Black Bean Quesadillas Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Cream Cheese Roll Ups Water	Cottage Cheese & Fruit Water	Veggies & Wheat Thins Water	Chips & Hummus Water	Veggies & Garden Dip Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Fruit Water	Apples & Sunbutter Water	Raisin Bread Water		
LUNCH 12:00PM	Chicken Nuggets Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Lemon Garlic Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Barley Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Closed/ Thanksgiving	Closed/Native American Heritage Day
PM SNACK 2:30PM	Cheese & Veggies Water	Chips & Hummus Water	Veggies & 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.

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