

# The Shyne School Menu

October 30th - November 10th

**Vegetarian** options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Cereal Water	Fruit & Wheat Thins Water	Pirate Booty & Juice Milk	Bagels & Cream Cheese Water	Apples & Cheese Water
<b>LUNCH</b> 12:00PM	Spring Rolls Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Cheese Tortellini Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Breakfast in Pajamas! Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Wrap Builders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Veggie Ragù Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Veggies & Garden Dip Water	Hummus Roll Ups Water	Cheesy Muffins Water	Veggies & Triscuts Water	Smoothies & Grahams Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Fruit Water	Bread & Sunbutter Water	Apple Sauce & Grahams Water	Bagels & Cream Cheese Water	Fruit & Crackers Water
<b>LUNCH</b> 12:00PM	Pot Stickers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pesto Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Minestrone Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pizza Muffins Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tuna Salad & Crackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Cheese & Crackers Water	Chips & Hummus Water	Veggies & Crackers Water	Apple Dippers Water	Veggies & Cheese Water
	<i>Crunch Master Cracker</i>			<i>Vanilla/Cinn Yogurt</i>	

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.

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