

The Shyne School Menu

December 11th - December 15th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Cottage Cheese & Fruit Water	Fruit & Crackers	Sunbutter & Bread Water	Apple Sauce & Graham Water
LUNCH 12:00PM	Fish sticks Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Pesto Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Veggie soup 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	Fruit & Cheez it's Water	Veggies & Crackers Water	Chips & Bean Dip Water	Veggies & Garden Dip Water	Crackers & Cheese Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM					
LUNCH 12:00PM					
PM SNACK 2:30PM					

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.