

The Shyne School Menu

January 2nd - January 19th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM		Yogurt & Fruit Water	Raisin Bread Milk	Apple Sauce & Grahams Water	Fruit & Crackers Water
LUNCH 12:00PM	Closed	Spring Rolls Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Bean & Veggie Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pizza Muffins Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Slider Party! Fresh Seasonal Veggie
PM SNACK 2:30PM		Cream Cheese Roll Ups	Veggies & Chips Water	Fruit or Veg & Crackers Water	Smoothies & Chips Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Cereal & Yogurt Water	Cheese & Pretzels Water	Fruit & Crackers Milk	HB Eggs & Raisins Water	Apples & Cheese-It's Water
LUNCH 12:00PM	Chicken Nuggets Fresh Closed Veggie Fresh Seasonal Fruit Milk	Tortellini Marinara Seasonal Fruit Seasonal Vegetable Milk	Minestrone Soup Seasonal Fruit Seasonal Vegetable Milk	Grilled Cheese & Tomato Soup Seasonal fruit& Veg Milk	Vegetable Ragu' Seasonal Fruit Seasonal Vegetable Milk
PM SNACK 2:30PM	Cheese-y Muffins Water	Veggies & Crackers Water	Chips & Bean Dip Water	Veggies & Garden Dip Water	Cheese & 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.