

# The Shyne School Menu

January 29th - February 9th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Fruit Water	HB Eggs & Crackers Milk	Fruit & Cheese Water	Bagels & Cream Cheese Water	Fruit & Crackers Water
<b>LUNCH</b> 12:00PM	Spring Rolls Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Lemon Garlic Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Bean Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chef Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pizza Muffins Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Cream Cheese Roll Ups Water	Veggies & Crackers Water	Garden Dip & Chips Water	Veggies & Hummus Water	Cheese & Pretzels Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Cereal & Yogurt Water	Fruit & Crackers Water	Raisin Bread Milk	Cottage Cheese & Fruit Water	Apple Sauce & Grahams Water
<b>LUNCH</b> 12:00PM	Chicken Nuggets Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Pasta Romesco Seasonal Fruit Seasonal Vegetable Milk	White Bean Stew Seasonal Fruit Seasonal Veggie   Milk	Quesadillas Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Mediterranean Plate Seasonal Fruit Seasonal Veggie Milk
<b>PM SNACK</b> 2:30PM	Veggies & Cheese Water	Apples & Cheez It's Water	Chips & Bean Dip Water	Veggies & Garden Dip Water	Smoothies & Pretzels 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.