

# The Shyne School Menu

March 11th - March 22nd

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Blueberries Water	Fruit & Crackers Water	Raisins & Apple Sauce Water	HB Eggs & Fruit Water	Granola Bars Milk
<b>LUNCH</b> 12:00PM	Fish Sticks Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Pesto Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Vegetable Stew Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Grilled Cheese/Soup Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Turkey Sliders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Chips & Cheese Water	Veggies & Hummus Water	Cheesy Pita Water	Pretzels & Veggies Water	Apple Dippers Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Cereal & Yogurt Water	Bread & Sunbutter Water	Fruit & Cheese Water	Apple Sauce & Grahams Water	Spiced Carrot Bread Milk
<b>LUNCH</b> 12:00PM	Pot Stickers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Tortellini Marinara Seasonal Fruit Seasonal Vegetable Milk	Minestrone Seasonal Fruit Seasonal Veggie Milk	Breakfast for Lunch Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Seasonal Fruit Seasonal Veggie Milk
<b>PM SNACK</b> 2:30PM	Veggies & Cheese Water	Chips & Bean Dip Water	Smoothies & Crackers Water	Cream Cheese Roll Ups 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.