

The Shyne School Menu

April 29th - May 10th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Bread & Sunbutter Water	Fruit & Crackers Water	Apple Sauce & Grahams Water	Zucchini Bread Milk
LUNCH 12:00PM	Pot Stickers Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Pea Pesto Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Black Bean Chili Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Breakfast Sliders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Veggies & Crackers Water	Chips & Bean Dip Water	Cream Cheese Roll Ups Water	Bear Mix & Raisins Water	Veggies & Garden Dip Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Blueberries & Yogurt Water	Cheese & Crackers Water	Raisin Bread Milk	Fruit & Crackers Water	Granola Bars Milk
LUNCH 12:00PM	Spring Rolls Seasonal Veggie Fresh Seasonal Fruit	Veggie Fried Rice Seasonal Fruit Seasonal Vegetable	Veggie Stew Seasonal Fruit Seasonal Veggie	Tuna Salad & Crackers Fresh Seasonal Veggie Fresh Seasonal Fruit	Taco Salad Seasonal Fruit Seasonal Veggie
PM SNACK 2:30PM	Veggies & Cheese Water	Fruit & Snack Mix Water	Cheesy Muffins Water	Pretzels & Raisins Water	Apple Dippers 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.

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