

The Shyne School Menu

April 15th - April 19th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Apple Sauce & Grahams Water	Fruit & Crackers Water	Cheez It's & Apples	Zucchini Bread Milk
LUNCH 12:00PM	Pot Stickers Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Pasta Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	SW Black Bean & Rice Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Fish Tacos Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
PM SNACK 2:30PM	Cheese & Crackers Water	Veggies & Garden Dip Water	Chips & Hummus Water	Bear Mix & Raisins Water	Cream Cheese Roll Ups 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.