

# The Shyne School Menu

July 8th - July 19th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Yogurt & Cereal Water	Cottage Cheese & Fruit Water	Fruit & Crackers Water	Apple Sauce & Grahams Water	Bagels & Cream Cheese Water
<b>LUNCH</b> 12:00PM	Chicken Tenders 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	Cracker Stackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chef Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM	Veggies & Crackers Water	Chips & Hummus Water	Apple Dippers Water	Bear Mix & Raisins Water	Smoothies & Pretzels Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Blueberries & Yogurt Water	Fruit & Crackers Water	Raisin Bread Milk	Fruit & Crackers Water	Granola Bars Milk
<b>LUNCH</b> 12:00PM	Potstickers Seasonal Veggie Fresh Seasonal Fruit Milk	Veggie Fried Rice Seasonal Fruit Seasonal Vegetable Milk	Vegetable Stew Seasonal Fruit Seasonal Veggie Milk	Tuna Salad & Crackers Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Turkey Sliders Seasonal Fruit Seasonal Veggie Milk
<b>PM SNACK</b> 2:30PM	Veggies & Garden Dip Water	Chips & Bean Dip Water	Cheese & Crackers Water	Fruit & Bear Mix Water	Smoothies & 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.

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