

# The Shyne School Menu

May 28th - June 7th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM		Yogurt & Cereal Water	Grahams & Apple Sauce Water	Fruit & Cheese Water	Zucchini Bread Milk
<b>LUNCH</b> 12:00PM		Potstickers 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	Pasta Salad Fresh Seasonal Veggie Fresh Seasonal Fruit Milk
<b>PM SNACK</b> 2:30PM		Cheese & Crackers Water	Chips & Hummus Water	Snack Mix & Raisins Water	Cream Cheese Rolls Water
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM SNACK</b> 9:30PM	Blueberries & Yogurt Water	Bear Mix & Raisins Water	Pretzels & Raisins Milk	HB Eggs & Crackers Water	Granola Bars Milk
<b>LUNCH</b> 12:00PM	Tortellini Marinara Seasonal Veggie Fresh Seasonal Fruit	Turkey Sliders Seasonal Fruit Seasonal Vegetable	Minestrone Seasonal Fruit Seasonal Veggie	Greek Pasta Salad Fresh Seasonal Veggie Fresh Seasonal Fruit	Veggie Rice Ragu Seasonal Fruit Seasonal Veggie
<b>PM SNACK</b> 2:30PM	Veggies & Crackers Water	Apple Dippers Water	Bagels & Cream Cheese Water	Chips & Veggies Water	Pita & Tzatziki 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.